

KS3 PSHE overview 2024 - 2025

Year 7	Term 1	Term 2	Term 3
Lesson 1	1.2 – How will we work together in PSHE? <i>Lesson outcome:</i> - be able to describe what the values of PSHE are - have produced a Group Agreement to maintain a safe, positive working environment. <i>Keywords & phrases linking to statutory guidelines:</i> Respect Tolerance	2.2 – What happens at puberty? <i>Lesson outcome:</i> - consider the physical and emotional changes of puberty - increase their confidence to be able to cope with these changes. <i>Keywords & phrases linking to statutory guidelines:</i> Puberty Physical emotional change Social changes Menstrual well-being	8.8 – First aid and CPR Lesson outcome: - be able to demonstrate putting someone in the recovery position - describe the key steps in administering CPR. <i>Keywords & phrases linking to statutory guidelines:</i> Emergency Recovery position Cardiac arrest Defibrillator
Lesson 2	2.1 – How is Year 7 Different? <i>Lesson outcome:</i> - be able to describe the changes they are experiencing as a secondary school student - be able to identify ways to support themselves and other students who are new to the school. <i>Keywords & phrases linking to statutory guidelines:</i> Emotions Change Empathy	2.3 Menstrual well-being <i>Lesson outcome:</i> - understand the changes that occur with menstruation - be able to identify ways to manage menstruation. <i>Keywords & phrases linking to statutory guidelines:</i> Menstruation Adolescent Emotional and physical health Sanitary product	6.1 – Intro - Emotional Wellbeing and Mental Health <i>Lesson outcome:</i> understand what ‘emotional wellbeing’ and ‘mental health’ are. <i>Keywords & phrases linking to statutory guidelines:</i> Connectedness Relationship Emotional well-being Mental Health Community
Lesson 3	2.6 – Why Are Friends Important? <i>Lesson outcome:</i> - understand that relationships affect everything they do - understand that positive friendships are important in their lives - understand that friendships can cause strong feelings and emotions. <i>Keywords & phrases linking to statutory guidelines:</i> Connections Positive Healthy friendships Respectful relationships	2.4 – Personal Hygiene <i>Lesson outcome:</i> - understand the importance of personal hygiene - be able to identify ways of achieving and maintaining healthy hygiene practices. <i>Keywords & phrases linking to statutory guidelines:</i> Hygiene Personal hygiene	8.3 – Being assertive and dealing with pressure <i>Lesson outcome:</i> - know how to use good communication skills to help reduce risks - be able to demonstrate strategies to deal with pressure from others. <i>Keywords & phrases linking to statutory guidelines:</i> Assertive Active listening Communication Confidence 3.3 Communication skills <i>Lesson outcome:</i> - know how to express themselves clearly, share feelings openly and listen to others - be able to explain what ‘assertiveness’ is. <i>Keywords & phrases linking to statutory guidelines:</i> Assertive Communication Relationship COMBINE!
Lesson 4	6.2 – What is resilience? <i>Lesson outcome:</i> - identify what affects their confidence and self-esteem - be able to describe how resilience can help them. <i>Keywords & phrases linking to statutory guidelines:</i> Resilience Confidence Self-esteem	2.5 – Why Am I Feeling Like This? <i>Lesson outcome:</i> - understand how feelings change as they grow and mature - be able to identify ways to build confidence to be able to cope with these changes. <i>Keywords & phrases linking to statutory guidelines:</i> Adolescence Puberty Hormones Physical and emotional changes	8.4 Bullying <i>Lesson outcome:</i> - be able to identify strategies for the prevention of bullying, including cyberbullying - understand the importance of speaking out against bullying. <i>Keywords & phrases linking to statutory guidelines:</i> Cyber bullying Speaking out Empathy Mutual respect
Lesson 5	7.1 - What do we need to keep healthy?	3.1- What are the different types of relationships?	10.1 – Understanding our communities

	<i>Lesson outcome:</i> - be able to say what ‘being healthy’ means - be able to explain the importance of healthy <i>Keywords & phrases linking to statutory guidelines:</i> Routines Healthy Lifestyle	<i>Lesson outcome:</i> - be able to name different types of relationships - be able to identify some of the qualities needed to maintain good relationships - understand that most relationships go through positive and negative phases and need to be maintained. <i>Keywords & phrases linking to statutory guidelines:</i> Communication Honesty Respect Trust	<i>Lesson outcome:</i> - understand that there are different groups in their communities - identify similarities and differences between themselves, their classmates and others - be able to state how they are unique. <i>words & phrases linking to statutory guidelines:</i> Community Respect & mutual respect Tolerance Equalities act (nine protected characteristics)
Lesson 6	9.1 – Who am I? <i>Lesson outcome:</i> - know what is meant by ‘identity’ - be able to state some things that make up someone’s identity. <i>Keywords & phrases linking to statutory guidelines:</i> Identity Similarities Differences	3.2 – What is a healthy relationship? <i>Lesson outcome:</i> - be able to say what makes a healthy relationship - be able to identify the warning signs of an unhealthy relationship. <i>Keywords & phrases linking to statutory guidelines:</i> Unhealthy relationship Mutual respect Fairness / equity Consent Honesty Communication	10.2 – How do I feel about ‘difference’? <i>Lesson outcome:</i> - be able to reflect on ‘difference’ and what it means to individual people - be able to explain how prejudice might be challenged. <i>words & phrases linking to statutory guidelines:</i> Healthy friendships Trust Respect Honesty Reconciliation Boundaries Tolerance Equalities act
Lesson 7	11.1 - What are my aspirations? <i>Lesson outcome:</i> - describe what ‘aspirations’ are - be able to discuss their own aspirations. <i>Keywords & phrases linking to statutory guidelines:</i> Aspirations Skills Talent Success		

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Lesson 1	10.1 – Understanding our communities <i>Lesson outcome:</i> - understand that there are different groups in their communities - identify similarities and differences between themselves, their classmates and others - be able to state how they are unique. <i>words & phrases linking to statutory guidelines:</i> Community Respect & mutual respect Tolerance Equalities act (nine protected characteristics)	10.6 – Hate crime and radicalisation <i>Lesson outcome:</i> - be able to define hate incidents and hate crime - describe the potential consequences for people convicted of hate crime - understand what is meant by ‘radicalisation’. <i>Keywords & phrases linking to statutory guidelines:</i> Tolerance Respect Hate crime Radicalisation Diversity Equality act	6.8 – Who can help? <i>Lesson outcome:</i> be able to advise others on how and when to get help in dealing with emotional wellbeing and mental health concerns. <i>Keywords & phrases linking to statutory guidelines:</i> Mental health concerns Support Overwhelming emotions Counselling
Lesson 2	10.2 – How do I feel about ‘difference’? <i>Lesson outcome:</i> - be able to reflect on ‘difference’ and what it means to individual people - be able to explain how prejudice might be challenged.	9.4 – Gender identity <i>Lesson outcome:</i> be able to state what ‘gender identity’ means and give a range of terms to describe gender identity. <i>Keywords & phrases linking to statutory guidelines:</i>	6.1 – Intro - Emotional Wellbeing and Mental Health <i>Lesson outcome:</i> understand what ‘emotional wellbeing’ and ‘mental health’ are. <i>Keywords & phrases linking to statutory guidelines:</i> Connectedness

	words & phrases linking to statutory guidelines: Healthy friendships Trust Respect Honesty Reconciliation Boundaries Tolerance Equalities act	Gender Gender identity Transgender Male Female Non-binary Gender-fluid Cisgender Gender expression	Relationship Emotional well-being Mental Health Community
Lesson 3	10.3 – How can we value each other? <i>Lesson outcome:</i> - be able to talk about the communities that they belong to - be able to recognise similarities and differences between themselves and others - value the similarities between people. <i>Keywords & phrases linking to statutory guidelines:</i> Mutual respect Citizen Community Similarities	9.6 – Faith and values <i>Lesson outcome:</i> - be able to describe what ‘faith’ and ‘values’ are and where they come from - be able to say what values they hold. <i>Keywords & phrases linking to statutory guidelines:</i> Respect Tolerance Belief Stereotype Equality act Human rights Values Changemakers	6.3 – Feelings and how to manage them <i>Lesson outcome:</i> - identify a range of strong emotions that affect how they feel - understand how people can overcome negative feelings. <i>Keywords & phrases linking to statutory guidelines:</i> Managing emotions ‘Flight, fight or freeze’
Lesson 4	10.4 – What makes a successful community and how to contribute to this (10.7) <i>Lesson outcome:</i> - be able to identify the communities they belong to - be able to suggest some guidelines for successful community life - understand what qualities improve community life. - have an understanding of community services and who provides them - be able to name ways that volunteers contribute to their communities - be able to identify ways in which they could contribute to their community <i>Keywords & phrases linking to statutory guidelines:</i> Equalities act Human rights Respect Legal rights Society Resolution Volunteer Mental well-being Community participation	9.2 – What does ‘family’ mean? <i>Lesson outcome:</i> - be able to identify different types of families - understand some of the roles and responsibilities of parents and guardians with respect to raising children - describe how family relationships can affect wellbeing. <i>Keywords & phrases linking to statutory guidelines:</i> Roles and responsibilities Relationships	6.4 – What Impacts on Emotional Wellbeing? <i>Lesson outcome:</i> - understand the effects of negative relationships on emotional wellbeing - understand the impact of ‘body image’ on emotional wellbeing. <i>Keywords & phrases linking to statutory guidelines:</i> Body-image Negative relationships Anxiety and depression
Lesson 5	10.5 What can cause problems in communities? <i>Lesson outcome:</i> - be able to consider problems from more than one point of view - understand the importance of talking and negotiating in solving problems - be able to describe the role of mediation in problem-solving <i>Keywords & phrases linking to statutory guidelines:</i> Equality act	6.5 – How do I cope with loss and bereavement? <i>Lesson outcome:</i> - understand what ‘loss’ and ‘bereavement’ mean - know about ways that people may cope with loss and bereavement. <i>Keywords & phrases linking to statutory guidelines:</i> Bereavement Loss Coping with loss	3.4 – Is commitment important in relationships? <i>Lesson outcome:</i> - know what happens in marriage and other partnership ceremonies, and be able to discuss the significance of commitment vows - be able to explain the legal status of marriage, civil partnerships and other types of long-term relationships - be able to give some reasons why stable relationships may support the bringing up of children.

	Respect Tolerance Mediation Empathy	Grief	<i>Keywords & phrases linking to statutory guidelines:</i> Commitment Legal status Stable relationship Marriage Civil Partnership Common law husband and wife Healthy relationship
Lesson 6	10.9 - Challenging prejudice and discrimination <i>Lesson outcome:</i> - be able to describe what ‘prejudice’ and ‘discrimination’ mean - know about different types of prejudice - be able to use a range of strategies to challenge prejudice and discrimination assertively. <i>Keywords & phrases linking to statutory guidelines:</i> Prejudice Discrimination Ageism Racism Sexism Homophobia Characteristics Equality act	6.6 – Recognising the signs of poor mental health & 6.7 – Ways to look after emotional wellbeing <i>Lesson outcome:</i> be able to share a range of strategies for boosting positive emotional wellbeing. <i>Keywords & phrases linking to statutory guidelines:</i> Anxiety and depression Physical signs of depression Psychological signs of depression Mental illness Emotional resilience Emotional well-being	3.5 – Abuse in relationships <i>Lesson outcome:</i> - be able to say what ‘abuse’ is - be able to identify strategies for dealing with potentially dangerous situations. <i>Keywords & phrases linking to statutory guidelines:</i> Abuse Abusive Verbal Emotional Physical Sexual
Lesson 7	9.5 – Stereotypes <i>Lesson outcome:</i> be aware of the negative consequences of stereotypes and prejudice. <i>Keywords & phrases linking to statutory guidelines:</i> Tolerance Stereotypes Prejudice Discrimination Equality act (9 personal characteristics)		

Year 9	Term 1	Term 2	Term 3
Lesson 1	8.1 – What do we mean by ‘risk’? <i>Lesson outcome:</i> - understand what ‘risk’ can mean - understand what is meant by ‘risking on purpose’ - be aware of online risks. <i>Keywords & phrases linking to statutory guidelines:</i> Online harmful behaviours Online safety Positive risk Managed risk	5.4 – Smoking <i>Lesson outcome:</i> - understand the effects of nicotine, tar and carbon monoxide on the body - understand how the components of cigarettes lead to disease - be able to identify the benefits of quitting and how to access support to do so. <i>Keywords & phrases linking to statutory guidelines:</i> Nicotine Tar Carbon monoxide Carcinogen	4.4 Conception, pregnancy & birth <i>Lesson outcome:</i> - be able to explain the link between lifestyle and fertility - understand how fertilisation leads to pregnancy and birth - be able to identify choices around pregnancy. <i>Keywords & phrases linking to statutory guidelines:</i> Reproductive health Fertility Lifestyle IVF Adoption Miscarriage

		Emphysema Stimulant Bronchitis e-cigarette	
Lesson 2	4.2 – Pornography and sexting <i>Lesson outcome:</i> - be able to explain how pornography affects lives - be able to identify the risks and implications of sexting. <i>Keywords & phrases linking to statutory guidelines:</i> Indecent images Severe penalties Sexually explicit material Negative affects Implications of Sexting Sexually suggestive Youth produced sexual imagery Sexual offences act	5.1 – Drugs – introduction & 5.3 – Alcohol <i>Lesson outcomes:</i> - be able to explain the word ‘drug’ - be able to name different types of drugs - be able to discuss what influences their perception of drug use and how this can differ from reality. - know the recommended health advice regarding alcohol consumption for adults - be able to explain the effects of drinking too much alcohol. <i>Keywords & phrases linking to statutory guidelines:</i> Prescription drugs Illegal drugs Controlled drugs Psychological risk Psychical risk Alcohol dependency Units of alcohol	7.2 – Healthy Eating <i>Lesson outcome:</i> - know what ‘healthy eating’ is - be able to say what they should eat to keep healthy. <i>words & phrases linking to statutory guidelines:</i> Healthy diet Portion size Healthy lifestyle Nutrients Balanced diet
Lesson 3	4.1 – Choices around sex <i>Lesson outcome:</i> - be able to give reasons why people have sex - understand their choices around sex - be able to explain some of the issues surrounding ‘early sex’. <i>Keywords & phrases linking to statutory guidelines:</i> Resisting pressure Peer pressure Managing sexual pressure Intimacy ‘early sex’ Age of consent Relationships	5.2 – Drugs and the law <i>Lesson outcome:</i> - be able to give some facts about the Misuse of Drugs Act 1971 (and subsequent amendments) - be able to identify situations where people may be breaking the law. <i>Keywords & phrases linking to statutory guidelines:</i> Drugs act Licensed drugs (medicines) Class A, Class B & Class C Legal penalties Drug misuse Psychoactive substances act	7.3 – Exercise <i>Lesson outcome:</i> - know the benefits of exercise - identify the choices they can make to keep healthy. <i>Keywords & phrases linking to statutory guidelines:</i> Healthy lifestyle Maintaining a healthy weight Cardio-vascular Mental well-being
Lesson 4	4.3 – Sex and the law <i>Lesson outcome:</i> - be able to explain ‘consent’ and why it is so important - be able to state some laws around sex. <i>words & phrases linking to statutory guidelines:</i> Sexual consent Abuse Grooming Coercion Harassment Domestic abuse	5.5 – Impact of drug taking <i>Lesson outcome:</i> - be able to explain the impact drugs have on society - understand how drugs affect an individual’s physical, mental and emotional health - be able to say what addiction and dependency are. <i>Keywords & phrases linking to statutory guidelines:</i> Drug dependency Addiction Substance use disorder Withdrawal symptoms Psychological risk Psychical risk	7.4 – Things that support our health <i>Lesson outcome:</i> - know what’s in place to support both world health and personal health (including screening, immunisation, and so on) - identify the choices they can make to keep healthy. <i>Keywords & phrases linking to statutory guidelines:</i> Quality sleep for good health Oral hygiene Personal hygiene Healthy eating Immunisation and vaccination Physical and mental well-being
	8.4 Bullying <i>Lesson outcome:</i> - be able to identify strategies for the prevention of bullying, including cyberbullying - understand the importance of speaking out against bullying.	5.6 – How do I manage situations involving drugs? <i>Lesson outcome:</i> - be able to identify the impact of ‘risk’ taking with drugs - know how to assess and manage risky situations involving drugs	7.5 – When things go wrong with our health <i>Lesson outcome:</i> - understand their rights to health and treatment - know some facts about blood, organ and stem cell donation. <i>Keywords & phrases linking to statutory guidelines:</i>

Lesson 5	Keywords & phrases linking to statutory guidelines: Cyber bullying Speaking out Empathy Mutual respect	• know that there is help and support available for people who have problems with drugs. Keywords & phrases linking to statutory guidelines: Prescription medicines Alcohol Illegal drugs Risky behaviours Sources of support and advice Emergency	Health and treatment Blood, organ and stem cell treatment Basic treatment Defibrillator
Lesson 6	4.6 – What are STIs? Lesson outcome: • be able to explain facts about key sexually transmitted infections (STIs). Keywords & phrases linking to statutory guidelines: Sexually transmitted infections (STI) Chlamydia Genital warts Herpes Gonorrhoea Syphilis Pubic lice HIV GUM clinic (Genito-urinary medicine)	8.5 Gambling Lesson outcome: • understand what ‘gambling’ means • be able to explain the risks attached to gambling. Keywords & phrases linking to statutory guidelines: Gambling websites Social Media Scratchcards Lottery Stakes Betting Bingo Gaming online Gaming machines	8.7 - FGM Lesson outcome: • have some understanding of the concepts of, and laws relating to, female genital mutilation (FGM). Keywords & phrases linking to statutory guidelines: FGM – female genital mutilation Cultural practice Criminal offence Clitoris Vulva Women’s rights
Lesson 7	4.5 – What is contraception? Lesson outcome: • be able to identify some facts and myths about contraception • be able to name a variety of types of contraception • be able to give advice to young people wanting to learn about contraception. Keywords & phrases linking to statutory guidelines: Contraception Emergency hormonal contraception IUS Pill Implant Condoms Contraceptive injection Sexually transmitted infections (STI)		

KS3 PSHE Y8 & 9 Tutor Time PSHE overview Week A

Core themes of learning:

Navigating the wider world

Health and well-being

Relationships

Year 8	Term 1	Term 2	Term 3
Tutor PSHE 1	What is PSHE? Part 1	Skills for working well with others	Making choices about diet and exercise
Tutor PSHE 2	What is PSHE? Part 2	Roles and responsibilities within families & how families differ	Re-cap on CPR skills
Tutor PSHE 3	Managing fear responses 'Fight, Flight, Freeze'	Teenage mental health	Basic first aid – what do I need to know?
Tutor PSHE 4	Why is it important to manage screen time?	The benefits of sleep	Struggles of a teen parent
Tutor PSHE 5	Voluntary agencies – what do they do?	Aligning goals with personal values – what are my values?	Cyber security – Identifying a scam online
Tutor PSHE 6	The psychology of commitment – why humans need it	Dental health	Grooming and child exploitation
Tutor PSHE 7	The importance of working well with others	Setting myself goals for the future	

Year 9	Term 1	Term 2	Term 3
Tutor PSHE 1	What is PSHE? Part 1	Alcohol abuse and binge drinking	Coping with anxiety and why we have it
Tutor PSHE 2	What is PSHE? Part 2	Rights and responsibilities (9.8)	Gangs and Knife crime
Tutor PSHE 3	Dangers of Vaping	Rights and responsibilities (9.8)	Young people fleeing their countries and communities - refugees
Tutor PSHE 4	Firework safety	Its good to be different – tackling stereotyping	Who can help me?
Tutor PSHE 5	What is 'truanting' and what are the consequences?	What the law says about work (incl children)	Gathering student views on PSHE – student feedback
Tutor PSHE 6	Respect and friendship - Bullying	Organised Crime – Unsafe relationships	'Not just flirting' consequences of nude image sharing
Tutor PSHE 7	What is sexual harassment? Recognising unwanted attention	Kindness and giving back - volunteering	

Year 10	Term 1	Term 2	Term 3
Tutor PSHE 1	What is PSHE?	11.6 Money stresses and pressure	12.1 Business structure and organisation
Tutor PSHE 2	11.1 Budgeting	10.1 What do I want to do?	
Tutor PSHE 3	11.2 Responsible consumerism	10.2 Types of employment and employment trends	
Tutor PSHE 4	11.3 Ethical consumerism	10.3 Marketing yourself and personal branding	12.2 The how and why of business financing
Tutor PSHE 5	Toxic and unhealthy relationships – signs and symptoms	7.1 The Teenage Brain	12.3 Entrepreneurship and risk
Tutor PSHE 6	11.4 Consumerism and giving	10.4 Rights and responsibilities at work	
Tutor PSHE 7	11.5 Credit and debt	10.5 Employment opportunities	

