

Long Term Overview KS3 PSHE

Unit Title	Your Body and Mind	Don't Judge a Book by Its Cover!	Stand Up and Speak Out	Drugs and Stuff	Love and Devotion	Money, Money, Money
Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a)	Summer (b)
No. Weeks	8 Weeks	7 Weeks	6 Weeks	5 Weeks	7 Weeks	7 Weeks
Overview Year 7	<p>Students will learn about healthy eating and how to make healthy choices as well as looking at the impact of an unhealthy diet on their body and mind. They will also look at who they are and the choices they currently make and how these make them feel and what changes they could make a positive impact on their body and mind.</p>	<p>Within this unit, students will discuss stereotypes within race, disability, age, sex, sexual orientation and also within careers.</p> <p>They will form discussions around their perceptions of people and career roles, with tasks designed to challenge these perceptions.</p>	<p>The main focus of this unit is on bullying and cyber-bullying, focusing explicitly on the types of bullying and the effects this has on people who are bullied.</p> <p>Students will be exposed to documentaries discussing the effects of bullying on their lives and also the impact of their own online behaviour and dangers surrounding friendships both online and offline.</p>	<p>Students will be informed of and receive opportunities to understand the risks involved with alcohol, tobacco and other substances including the effects on your body.</p> <p>Students will also learn about body changes during puberty and learn how to manage these. Discussions around Female Genital Mutilation (FGM) and unwanted contact on themselves and others.</p>	<p>Within this unit, students will focus and learn about different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect these (including age, gender, power and interests).</p> <p>Students will be taught about and explore the nature and importance of marriage, civil partnerships and other stable, long-term relationships for family life and bringing up children.</p>	<p>Linking to careers lessons, students will learn about how personal finance choices can affect them and others as well as focusing on different savings accounts and the benefits of saving, budgeting, designing and managing budget sheets as well as the impact poor financial decisions have on you.</p>
Visits/Visitors						

Long Term Overview KS3 PSHE

Unit Title	Keeping Safe	This is Me	Stand Up, Speak Out!	Drugs and Stuff	What's Normal?	Don't Be Daft, Don't be Silly ...
Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a)	Summer (b)
No. Weeks	8 Weeks	7 Weeks	6 Weeks	5 Weeks	7 Weeks	7 Weeks
Overview Year 8	<p>Students will learn how to respond in a basic emergency including learning how to perform basic first aid and life-saving skills, including cardio-pulmonary resuscitation (CPR) as well as knowing ways to find help during an emergency.</p> <p>Students will also learn about road safety and how to keep safe when in the local community.</p>	<p>In this unit, students will learn to recognise that they have the same rights top opportunities in learning and work as all other people, recognising and challenging stereotypes as well as age and disability discrimination</p> <p>They will look at how the media portrays young people recognising the impact it can have on individual's body image and further health issues including online exploitation, focusing specifically on text and online abuse and identify skills needed to prevent themselves and others from being targeted and remain safe online.</p>	<p>Students will look at what racism is and the impact it has on individuals and the wider community. They will learn about the changes to society in relation to Civil Rights in America well as focusing on understanding and respecting other religions and how discrimination occurs and the impact it has on people around the world.</p>	<p>The unit will also look at information about legal and illegal substances, including alcohol (including current government recommendations for consumption), volatile substances, new psychoactive substances, tobacco, e-cigarettes, shisha, e-shisha and cannabis.</p>	<p>Students will learn about sexuality and consent Including the unacceptability of sexist, homophobic, biphobic, transphobic, racist and disablist language and behaviour, the need to challenge it and how to do so. They will look at the similarities and differences among people of different sexual orientation and terms associated with sex, gender identity and understand the accepted terminology.</p>	<p>In this unit, students will be introduced to contraception and consent including the law in relation to consent including the legal age of consent for sexual activity. Students will study how to seek the consent of another person and be sure consent has been given.</p> <p>Students will be introduced to contraception including the condom and pill and consider different levels of intimacy and their consequences.</p>
Visits/Visitors	Safetyworks					

Long Term Overview KS3 PSHE

Unit Title	It's a Hard Knock Life	Money, Money, Money	Fight or Flight?	Drugs and Stuff	Don't Be Daft, Don't be Silly ...	Online or Offline?
Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a)	Summer (b)
No. Weeks	8 Weeks	7 Weeks	6 Weeks	5 Weeks	7 Weeks	7 Weeks
Overview Year 9	<p>Students will be taught to recognise peer pressure and have strategies to manage it; recognising 'group think' and to develop strategies for managing it. They will also learn about gang crime and focus on the effects of gang life on members and others in the wider community.</p> <p>They will also learn about what constitutes a balanced diet and its benefits (including the risks associated with both obesity and dieting) and what might influence their own decisions around eating a balanced diet.</p>	<p>In this unit, students will learn how to assess and manage risk in relation to financial decisions that they and other young people might make.</p> <p>They will also learn about gambling (including on-line) and its consequences, why people might choose to gamble, and look at how the gambling industry influences their choices and tries to engage them in gambling. Discussions and work will also focus on how to manage pressure or influence to gamble and access support if worried about themselves or others.</p>	<p>Students will participate in discussions around what causes conflict at home for themselves and how they can help to prevent conflict. They will explore the nature of conflict, the brain chemistry of how things escalate, and identifying strategies to de-escalate when their brains are 'flooded' with fight or flight hormones, as well as learning practical ways of responding when disharmony arises.</p> <p>Students will also learn about the unacceptability of sexist, homophobic, biphobic, and transphobic language and behaviour, the need to challenge it and how to do so.</p>	<p>In this unit, students will learn about the personal and social risks and consequences of substance use and misuse, including the benefits of not drinking alcohol (or delaying the age at which to start) and the benefits of not smoking including not harming others with second-hand smoke. They will learn about the safe use of prescribed and over the counter medicines alongside being signposted to how and where to access local health services and other sources of support such as smoking cessation services or if concerned about own or others' alcohol or substance use.</p>	<p>Students will continue to develop their SRE knowledge learning about different levels of intimacy and their consequences. Students will learn about contraception including the condom and pill and to develop communication and negotiation skills necessary for contraceptive use in healthy relationships. Discussions will occur around about readiness for sex and the benefits of delaying sexual activity.</p> <p>Students will learn that certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain STIs</p>	<p>In this unit, students will learn about the dangers and legality of sexual images being shared between young people, the unrealistic portrayal of relationships and sex in pornography and the messages young people receive about sexual relationships through pornography and the possible harmful effects and what to do if they are worried about their own use of porn.</p>
Visits/Visitors						