

## KS3 PSHE Overview

	Autumn 1 7wks	Autumn 2 7wks	Spring 1 6 wks	Spring 2 6wks	Summer 1 6wks	Summer 2 7wks
7	<b>Health and Wellbeing</b>  How to manage friendships and understanding physical health (diet, exercise, caffeine, tobacco, alcohol).		<b>Health and Wellbeing      Exploring Puberty</b>  Understanding the social, emotional and physical changes associated with puberty.		<b>Relationships</b>  Understanding self, what makes healthy relationships (consent) and how to manage unhealthy relationships.	
8	<b>Health and Wellbeing</b>  Understanding physical health (caffeine, smoking /vaping, alcohol). Adolescent brain, hormones & sleep.		<b>Mental health</b>  Attitudes, misconceptions, resilience, setbacks, digital resilience, self-harm, eating disorders, change-loss-grief, healthy & unhealthy coping strategies.		<b>Relationships</b>  Revisiting healthy / unhealthy relationships. Exploring gender and sexual identity. Safe sex: introduction to contraceptives, STIs and the impact of pornography.	
9	<b>Health and Wellbeing</b>  Peer influence, risk taking, substances (alcohol, cannabis, vaping) and gangs.		<b>Mental health</b>  Thinking about mental health, brain and body, positive emotions, engagement, relationships, meaning and accomplishment.		<b>Relationships</b>  Healthy intimate relationships, consent & safe sex. The impact of pornography and the risks of sending nudes.	

## Ground Rules

- Openness:** We will be open and honest, but not discuss directly our own or others' personal/private lives. We will discuss examples but will not use names or descriptions which could identify anyone.
- Keep the conversation in the room:** We feel safe discussing issues and we know that our teacher will not repeat what is said in the classroom unless they are concerned we are at risk, in which case they will follow the school's safeguarding policy.
- Non-judgmental approach:** It is okay for us to disagree with another person's point of view but we will not judge, make fun of, or put anybody down. We will 'challenge the opinion, not the person'.
- Right to pass:** Taking part is important. However, we have the right to pass on answering a question or participating in an activity and we will not put anyone 'on the spot'.
- Make no assumptions:** We will not make assumptions about people's values, attitudes, behaviours, identity, life experiences or feelings. We will listen to the other person's point of view respectfully and expect to be listened to ourselves.
- Using appropriate language:** We will use correct terms rather than slang terms, as they can be offensive. If we are not sure what the correct term is, we will ask our teacher.
- Asking questions:** We are encouraged to ask questions and they are valued by our teacher. However, we do not ask personal questions or anything intended to deliberately try to embarrass someone.
- Seeking help and advice:** If we need further help or advice, we know how and where to seek it—both in school and in the community. We will encourage friends to seek help if we think they need it.