

**KS3 Curriculum Overview: St Hilda's PSHE: we are the St Hilda's family, with Jesus Christ as our cornerstone building on foundations of wisdom, hope, community, dignity and equality, we nurture and support one another to be our very best. We rejoice in our diversity and celebrate our many achievements.**

	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>
<b>Relationships</b>	<ol style="list-style-type: none"> <li>1. What is a positive and respectful relationship with others? What is a friend? How can I manage change in friendship?</li> <li>2. What is peer pressure? How can I respond to peer pressure? Reporting bullying and where to get help.</li> <li>3. What is consent? Is this behaviour ethical? Kindness</li> <li>4. What types of families are there? How can you keep relationships in a family positive / role and responsibilities in families.</li> <li>5. How should I treat others in public spaces? Equality 2010</li> <li>6. How can I keep myself safe? Do I know who and how to ask for help?</li> </ol>	<ol style="list-style-type: none"> <li>1. Am I ready for a girlfriend / boyfriend? Perceptions and expectations.</li> <li>2. What is a positive romantic relationship? How to manage relationship feelings.</li> <li>3. What is consent? Kindness / Is this behaviour ethical?</li> <li>4. What influence can the media have on our relationships?</li> <li>5. Family and family disputes (how to resolve) / - importance to well being</li> <li>6. Mentors in Violence Prevention programme – Year 10 deliver 2 lessons to Year 8 – lesson on What is MVP (Gender stereotyping / active bystander) AND Violence Prevention AND further lessons depending on survey from choice of – labelling racism, expectations in relationships, disability discrimination, manipulation)</li> </ol>	<ol style="list-style-type: none"> <li>1. What is a positive and healthy intimate relationship Re-cap Equality 2010</li> <li>2. Why do people have an intimate relationship? Sex and the law</li> <li>3. Communication skills for intimate relationships AND relationship loss and change</li> <li>4. What is consent? Kindness / Is this behaviour ethical?</li> <li>5. What is an unintended pregnancy? What are the options? Inc abortion</li> <li>6. What is contraception?</li> <li>7. What is a family (diversity) and what is the role and responsibility of a parent?</li> </ol>
<b>Keeping safe Online and offline</b>	<ol style="list-style-type: none"> <li>1. How to be respectful online - What are my rights and responsibilities online? (law on images) How should I behave online?</li> <li>2. How can I protect my online privacy?</li> <li>3. What is grooming? How to report / get help</li> <li>4. Can social media help us to flourish? Influencers /misinformation / Is it real or AI?</li> <li>5. What is FGM? Virginity testing/ hymenoplasty / Where can I go for help?</li> <li>6. Travel safety and how to keep safe</li> </ol>	<ol style="list-style-type: none"> <li>1. What are online risks to my safety? AI chatbots and risks / law on images / misinformation</li> <li>2. What are my rights and responsibilities online? How should I behave online? What is online bullying / cyberbullying?</li> <li>3. What does the internet know about me? How information and data is generated, collected, shared and used online.</li> <li>4. What is financial exploitation and sexploitation? How to report / get help</li> <li>5. Gang and knife culture / law as it relates to knives and violence / knife misconceptions</li> <li>6. Alcohol and substance misuse / social media and substances / tobacco and vaping including illicit vapes</li> <li>7. Emergency First Aid</li> </ol>	<ol style="list-style-type: none"> <li>1. What risks are there in online / offline world (re-cap)? AI chatbots and risks / law on images / misinformation / exploitations including financial</li> <li>2. How can I improve my online health? Can social media help me to flourish? Online misinformation and conspiracy theories</li> <li>3. How to disagree agreeably? Bullying and abuse – types and responses.</li> <li>4. Pornography vs reality – what are the dangers of pornography?</li> <li>5. Gang and knife culture – re-cap law – personal and social consequences / carrying knives uncommon / misconceptions / where and how to seek help / exploitation</li> <li>6. Recreational, Illegal drugs and the law / medicine safety.</li> <li>7. Substances and emergency situations</li> </ol>
<b>Careers and future life</b>	<p>Looking ahead to your future: exploring the world of work</p> <ol style="list-style-type: none"> <li>1. What is the definition between a job and a career?</li> <li>2. What are the different transition points?</li> <li>3. What is your dream job?</li> </ol>	<p>Be inspired by your future: exploring careers and employability skills</p> <ol style="list-style-type: none"> <li>1. Are careers changing?</li> <li>2. What are my employability skills and how do they fit into my career aspirations?</li> </ol>	<p>Research your future: exploring careers and making choices</p> <ol style="list-style-type: none"> <li>1. How do I know which option to pick?</li> <li>2. What are my employability skills and how do they link to Labour Market information?</li> </ol>

	4. Managing money	3. What sector am I interested in? 4. Gambling and risks to mental health	3. Raising ambitions 4. Being in financial debt / managing money worries
<b>Health and well-being (physical)</b>	1. What is puberty? Emotional and social changes at puberty 2. Physical changes at puberty (boys and girls) 3. How can I keep fit and active? Food choices 4. Personal hygiene and oral health 5. Healthy lifestyle – food choices 6. When and how to self-care / when and how to seek professional help	1. Science and health 2. Mental benefits of physical activity 3. Taking responsibility for my health 4. What influences food choices 5. When and how to self-care / when and how to seek professional help	1. Influences on physical activity 2. Prevention of infection 3. STIs / HIV prevention drugs 4. Sleep and relaxation
<b>Skills, British values and responsibilities</b>	1. A welcome and inclusive school 2. Challenging stereotypes (Gender stereotyping and Equality Act 2010) 3. Impact of prejudice and discrimination / challenging stereotypes / rights and responsibilities 4. Neurodiversity and visible difference 5. Managing conflict in teams / team building 6. Reducing my carbon footprint	1. All kinds of people – diversity and benefits of diversity 2. Active listening and communication skills / non-verbal communication 3. Managing criticism (what is constructive criticism?) 4. Managing misunderstandings (online netiquette?) 5. What can I do to promote inclusion in my community? Equality Act and protected characteristics / Tolerance 6. Environmental impact of fast culture 7. Understanding extremism (tolerance) 8. My rights and responsibilities as a consumer	1. Problem solving 2. Study skills 3. Illegal employment and modern-day slavery 4. Part time work – rights and responsibilities 5. Impact of climate change on animals
<b>Health and well-being (mental)</b>	1. What is self-esteem? Being unique, self-esteem and health / Body image 2. Boosting your mood – hobbies, friendship groups and skills / time spent online 3. Feeling low, feelings and behaviour. Talking about feelings 4. Managing disappointment and learning from mistakes 5. Bereavement	1. Anxiety and depression 2. Mental health stigma 3. Positive self-talk and boosting mental health (time spent online) 4. Online gambling / gaming / accumulation of debt 5. Unhealthy comparison	1. What affects mental health? 2. Preparing for change 3. Managing peer pressure 4. Impact of alcohol, drugs and smoking on mental health 5. Impact of misinformation online and targeted advertising