



Hebburn Comprehensive

KS3 PSHE Mapping Document

PSHE Association Core themes:

Core theme 1: Health and Wellbeing

Core theme 2: relationships

Core theme 3: Living in the wider world

Defining spiritual, moral, social and cultural development

Pupils' spiritual development is shown by their: beliefs, religious or otherwise, which inform their perspective on life and their interest in and respect for different people's feelings and values
sense of enjoyment and fascination in learning about themselves; others and the world around them including the intangible use of imagination and creativity in their learning; willingness to reflect on their experiences.

Pupils' moral development is shown by their:

ability to recognise the difference between right and wrong and their readiness to apply this understanding in their own lives; understanding of the consequences of their actions; interest in investigating, and offering reasoned views about, moral and ethical issues.

Pupils' social development is shown by their:

use of a range of social skills in different contexts, including working and socialising with pupils from different religious, ethnic and socioeconomic backgrounds; willingness to participate in a variety of social settings, cooperating well with others and being able to resolve conflicts effectively; interest in, and understanding of, the way communities and societies function at a variety of levels.

Pupils' cultural development is shown by their:

understanding and appreciation of the wide range of cultural influences that have shaped their own heritage; willingness to participate in, and respond to, for example, artistic, musical, sporting, mathematical, technological, scientific and cultural opportunities; interest in exploring, understanding of, and respect for cultural diversity and the extent to which they understand, accept, respect and celebrate diversity, as shown by their attitudes towards different religious, ethnic and socio-economic groups in the local, national and global communities.

British Values:

- Tolerance
- Rule of Law
- Democracy
- Respect
- Individual Liberty

Citizenship Programme of Study

Subject content **Key stage 3** Teaching should develop pupils' understanding of democracy, government and the rights and responsibilities of citizens. Pupils should use and apply their knowledge and understanding whilst developing skills to research and interrogate evidence, debate and evaluate viewpoints, present reasoned arguments and take informed action.

Pupils should be taught about:

§ the development of the political system of democratic government in the United Kingdom, including the roles of citizens, Parliament and the monarch

§ the operation of Parliament, including voting and elections, and the role of political parties

§ the precious liberties enjoyed by the citizens of the United Kingdom

§ the nature of rules and laws and the justice system, including the role of the police and the operation of courts and tribunals

§ the roles played by public institutions and voluntary groups in society, and the ways in which citizens work together to improve their communities, including opportunities to participate in school-based activities

§ the functions and uses of money, the importance and practice of budgeting, and managing risk.

PSHCE content overview

RSHE in red
purple

Citizenship/British Values in green

Economic Wellbeing in blue

Careers Information, Education and Guidance in purple

3 x additional RSE specific lessons will take place during the year, delivered by the in-house specialist team

Year 7

Term 1	RSHE Content	PSHE Association PoS Refs	Category	Topic	In this lesson, students learn	Link to SMSC/British values	Literacy/Numeracy
Lesson 1 Week 2	Living in the Wider World/CIAG	H1 H2 H4 H9 L3	My Future	All About me – goal setting	<ul style="list-style-type: none"> identify ways of achieving their full potential and achieve their aspirations. Describe how different case studies of students could achieve their aspirations and what it means to leave our 'comfort zone'. Explain how students can overcome barriers to aspirations by being resilient and evaluate the importance of this trait. 	Moral	<p>Key Word: Aspirations</p> <p>Reading, RWC (RWC)</p>
Lesson 2 Week 4	Citizenship/British Values	H2	My World	Democracy – school council	<ul style="list-style-type: none"> the term democracy about the role of a school council 	<p>SMSC</p> <p>Democracy Individual Liberty</p>	<p>Key Words: Active Citizen Democracy Rights</p> <p>RWC</p>

<p>Lesson 3</p> <p>Week 6</p>	<p>Relationships</p>	<p>R1 R2 R3 R7 R9 R10 R13 R14 R18 R19 R23 R38 R39 R40 R41</p>	<p>My Choices</p>	<p>Healthy Relationships – friendships/bullying</p>	<ul style="list-style-type: none"> to identify whether the situations are ‘banter’ or bullying to describe the consequences of ‘banter’ and how we can tell when banter turns to bullying. to explain the difference between banter and bullying and why you believe each situation falls into that particular category. 	<p>SMSC Respect Tolerance</p>	<p>Key Word: Banter</p> <p>RWC</p>
<p>Lesson 4</p> <p>Week 8</p>	<p>Health and Wellbeing</p>	<p>H27 H30 H31 H33</p>	<p>My Choices</p>	<p>Staying safe (incl bonfire night)</p>	<ul style="list-style-type: none"> the dangers of fire and fireworks about the personal and social risks to understand their social responsibility to their community 	<p>Rule of Law Respect</p> <p>SMSC Being a good citizen Involvement in the community</p>	<p>Key Words: Responsibility Respect</p>
<p>Lesson 5</p> <p>Week 10</p>	<p>Health and Wellbeing (Mental Health)</p> <p>Relationships</p>	<p>H2 H7 H8 H10 H12</p> <p>R15 R16 R43</p>	<p>My Choices</p>	<p>Anti-Bullying – IVs to set work</p>	<ul style="list-style-type: none"> that we are all unique to recognise bullying, and its impact, in all its forms; the skills and strategies to manage being targeted or witnessing others being bullied to understand what can affect wellbeing and resilience 	<p>SMSC Respect Tolerance</p>	<p>Key Words: Stereo types Harassment Resilience Depression Mental health</p>

					<ul style="list-style-type: none"> • simple strategies to help build resilience • about indicators of positive, healthy relationships and unhealthy relationships • the qualities and behaviours they should expect and exhibit in a wide variety of positive relationships • to develop conflict management skills and strategies to reconcile after disagreements 		
Lesson 6 Week 12	Citizenship/British Values	L13	My World	Rights and responsibilities – Rights of the child	<ul style="list-style-type: none"> • about the rights of a child • to understand their responsibility towards others 	SMSC Tolerance Democracy Respect	Key Words: Charter Democracy RWC
Lesson 7 new Week 14	Citizenship/British Values Relationships	R1 R9 L10	My World	Identity and communities	<ul style="list-style-type: none"> • why people have migrated to Britain in the last thousand years. • which of the groups you believe have had the biggest impact on modern British culture and why • why some people are anti-immigration. 	SMSC Democracy Respect Tolerance	Key Words: Communities Identity British citizen Migration RWC

Term 2	RSHE Content	PSHE Association PoS Refs	Category	Topic	In this lesson, students learn	Link to SMSC/British values	Literacy/Numeracy
Lesson 1 Week 16	Health and Wellbeing	H6 H10 H21 H34 R4 R5 R42 R44	My Choices	Puberty – single gender (boys and girls) - periods (girls) + free samples	<ul style="list-style-type: none"> the changes both males and females experience during puberty. the importance of these changes and why they happen. the meaning of new key scientific terms related to puberty. 	SMSC Respect	Key Words: Puberty Respect Menstrual cycle Menopause RWC
Lesson 2 Week 18	Health and Wellbeing	H17 H18 R15 R16 L1 L3	My Choices	Looking after my body	<ul style="list-style-type: none"> To identify unhealthy food products from reading the labels and the recommended nutritional guidance for males, females, and children. how food products can be made healthier through designing their own nutritional breakfast bar. 	SMSC Respect	Key Words: Balanced diet Nutrition Calories Saturated fat Unsaturated fat RWC
Lesson 3 Week 20	Health and Wellbeing Online and Media	R2 R9 R10 R13 R14 R16 R17 R18 R23	My Choices	Internet safety	<ul style="list-style-type: none"> the different types of cyber bullying. what cyber bullying is and why people do it. why the 4 Step Method to stop cyber bullying is effective. 	SMSC Respect Discrimination Rule of Law	Key Words: Cyber bullying Respect Social Media Trolling Cyber stalking Harassing Flaming Website creating

		R37 R38 R39 R40 R41					Degradation Humiliation Impersonating Password theft Use of photos and images RWC
Lesson 4 Week 22	Health and Wellbeing	H2 H5 H10 H24 H25 H26 H27 H29 R15 R16 R42 R43 R44 L1	My Choices	Smoking and Alcohol	<ul style="list-style-type: none"> • some negative health effects of both smoking and second-hand smoke. • how smoking and second-hand smoke can damage the body in a variety of ways. • why people continue to smoke despite having knowledge of the risks. 	SMSC Rule of law	Key Words: Cigarettes Smoking Health Cancer Carcinogen Nicotine Tobacco Addiction Passive smoking Toxic Stimulant RWC
Lesson 5 Week 24	Health and Wellbeing	H1 H2 H4 H5	My Choices	Building Resilience	<ul style="list-style-type: none"> • coping strategies that could aid our resilience in stressful situations. 	SMSC Respect	Key Words: Resilience Coping strategies Stress

		H9 H10			<ul style="list-style-type: none"> • what each of the different coping strategies for resilience means. • how we can apply the different coping strategies throughout life to enable us to be resilient. 		Self-awareness RWC
Lesson 6 Week 26	Living in the Wider World	H1 L2	My Future	My personal brand	<ul style="list-style-type: none"> • how we think about our abilities and how others regard our abilities • what is meant by 'personal brand' and created your own. 	SMSC	Key Words: Personal reflection Personal brand Values Strengths Weaknesses RWC

Term 3	RSHE Content	PSHE Association PoS Refs	Category	Topic	In this lesson, students learn	Link to SMSC/British values	Literacy/Numeracy
Lesson 1 Week 28	Health and Wellbeing	H1 H2 H4 H5 H6 H7 H8 H9 H10 H12	My Choices	Mental Well Being	<ul style="list-style-type: none"> • ways we can practice mindfulness and ways mindfulness can help our mental health. • ways for us to deal positively with anxiety and stress through practicing mindfulness. 	SMSC Respect Tolerance	Key Words: Mental health Mindfulness RWC

					<ul style="list-style-type: none"> the benefits of 'doing nothing', living in the now and doing one thing at a time. 		
Lesson 2 Week 30	Living in the Wider World Economic wellbeing	H2 H4 L1 L2 L4 L5 L6 L6 L9 L11 L12 L16 L17	My Money	Enterprise skills – qualities and prep	<ul style="list-style-type: none"> what makes a person an entrepreneur. the different ways the business people in our case studies have become entrepreneurs. Describe what made them so successful and any particular qualities they share. obstacles that the business people in our case studies overcame to become successful entrepreneurs. 	SMSC Respect Financial capability	Key Words: Entrepreneur Enterprising person Skills Qualities RWC
Lesson 3 Week 32	Living in the Wider World Economic wellbeing	H2 H4 L1 L2 L4 L5 L6 L6 L9 L11	My Money	Enterprise skills – business idea and presentation	<ul style="list-style-type: none"> To work with others to practise the skills of creating a new business to identify ideas and methods to promote new business ideas use the skills of problem-solving and action-planning. 	SMSC Respect Financial capability Responsibility as an active citizen	Key Words: Entrepreneur Enterprising person Skills Qualities Business Plan

		L12 L16 L17					RWC
Lesson 4 Week 34	Citizenship/British Values		My World	The law – what do you know?	<ul style="list-style-type: none"> To identify rule and laws. To justify the importance of laws in society. To explain the role of the police in our communities. 	SMSC Rules of law Respect British values Being a good citizen	Key Words: Rules Law RWC
Lesson 5 Week 36	Citizenship/British Values	R14 R15 L11 L12 L13	My World	Being a good citizen	<ul style="list-style-type: none"> an understanding of community services and who provides them ways that volunteers contribute to their communities to identify ways in which you could contribute to your community. 	SMSC Participation in Volunteering. British values	Key Words: Community Community services Volunteer RWC
Lesson 6 Week 38	Citizenship/British Values	H2 H5	My World	Sustainability	<ul style="list-style-type: none"> the current situation that faces humanity concerning meat farming and what we could do to bring about positive change. why the current situation is unsustainable and why we must start caring for our environment and 	SMSC Responsibilities of citizens. British values	Key Words: Sustainability Global citizenship RWC

					<p>resources more responsibly.</p> <ul style="list-style-type: none">• the best way to help ensure resources and the environment responsibly and sustainably, on a local and global level.		
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Year 8

Term 1	RSHE Content	PSHE Associati on PoS Refs	Category	Topic	In this lesson, students learn	Link to SMSC/British values	Literacy/Numeracy
Lesson 1	Living in the Wider World/CIAG	H1 L2 L3 L6 L9	My Future	All About me – goal/target setting	<ul style="list-style-type: none"> different skills and behaviours they can develop and categorise them correctly. Set a SMART target. That different people can develop their skills and behaviours and begin the plan to develop their own through use of a SMART target. why it is important to develop certain skills and behaviours in order to be successful and check the SMART targets of others. 	SMSC	Key Words: Self-development SMART targets RWC
Lesson 2	Relationships Health and Wellbeing	H30 R1 R2 R9 R10 R11 R13	My Choices	Healthy and appropriate relationships	<ul style="list-style-type: none"> some ways of avoiding dangerous relationships and maintaining positive ones. The ways dangerous people 	SMSC Respect Tolerance Rule of Law	Key Words: Cyber bully Paedophile Domestic abuse RWC

		R14 R15 R16 R17 R18 R19 R23 R24 R25 R30 R37 R38 R42 R43 R44 L27			<p>seek out the vulnerable and how not to fall for their traps.</p> <ul style="list-style-type: none"> • how the internet could be made safer and how particular relationships could turn into negative situations if left unchecked. 		
Lesson 3	Citizenship/British Values		My World	Democracy	<ul style="list-style-type: none"> • that everyone has human rights. • about democracy. • To show empathy for situations where people are not living in a democracy. • identify how individuals and groups contribute to the community. 	SMSC Human Rights Respect Rights and responsibilities Contribution to the community	Key Words: democracy, equality, society, human rights, freedom, government RWC
Lesson 4	Health and Wellbeing	H30 H31 H32	My Choices	Personal safety + basic first aid	<ul style="list-style-type: none"> • to identify ways we improve our levels of personal safety and what to do in 	SMSC Contribution to the community	Key Words: Personal safety First Aid

		H33 R23			<p>different types of medical emergency.</p> <ul style="list-style-type: none"> ways they can help in medical emergencies and different methods of improving personal safety. new first aid skills as well as analysing the best way of minimising risk to ourselves in dangerous situations. 		RWC
Lesson 5	Health and Wellbeing	H1 H2 H3 H4 H5 H6 H7 H12 H13 H30 H31 R1 R2 R13 R14	My Choices	Mental and Emotional Well Being – The impact of bullying	<ul style="list-style-type: none"> strategies for the prevention of bullying, including cyberbullying the importance of speaking out against bullying. 	SMSC Respect Rule of law Tolerance	<p>Key Words: Bullying Bystanders Cyber bullying</p> <p>RWC</p>

		R15 R16 R17 R38 R39 R42 R43					
Lesson 6	Citizenship/British Values Relationships	R42 R43 R44 R45 R46 R47	My World	Knife Crime	<ul style="list-style-type: none"> the consequences of knife crime and why young people become involved. the long term and short-term consequences of carrying knives and why knife crime is difficult to prevent. the methods used to stop knife crime sometimes don't help and why this is. 	SMSC Rule of law Tolerance Respect	Key Words: RWC
Lesson 7	Living in the Wider World/CIAG	H3 H6 R3 R16 R17	My World	Media Bias	<ul style="list-style-type: none"> how young people have been portrayed in the media, including 	SMSC Respect Tolerance Discrimination	Key Words: Media Portrayed Prejudice Stereotype

		R39 R40 R41 L23 L26			<p>when portrayal has been positive</p> <ul style="list-style-type: none"> • why people may have negative ideas about young people • the effect that this is having on young people themselves 		RWC
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Term 2	RSHE Content	PSHE Association PoS Refs	Category	Topic	In this lesson, students learn	Link to SMSC/British values	Literacy/Numeracy
Lesson 1	Relationships British Values	H1 H4 R37 R38 R39 R40 R41 L22 L23 L24 L25 L26	My Choices	Equality	<ul style="list-style-type: none"> • The reasons why stereotypes are wrong and the idea of race is wrong. • That both stereotyping and being racist are cruel and, in the case of racism, could be illegal 	SMSC Respect Individual Liberty Rule of law	Key Words: Stereotypes Racism Illegal RWC
Lesson 2	Relationships	R1 R2 R6 R7 R8 R9	My Choices	Families	<ul style="list-style-type: none"> • the different types of family and the roles of family members. • the changes in family roles since the 1950s 	SMSC - Cultural	Key Words: Roles Society Family RWC

		R40 L10			<ul style="list-style-type: none"> • why roles have changed and why we need to learn about different types of families. 		
Lesson 3	Relationships Health and Wellbeing Living in the Wider World	H4 H5 H30 H31 H32 H33 R10 R13 R14R17 R21 R25 R26 R30 R37 R38, R39, R40, R42,R43,R44 L20,L21L24 L25,L27	My Choices	Staying safe online – sexting and image sharing	<ul style="list-style-type: none"> • how online activity leaves ‘online footprints’ • the importance of being responsible online • to evaluate their own online behaviour • how irresponsible online behaviour could affect future prospects. 	Rule of law SMSC – social and moral	Key Words: Irresponsible Online footprints RWC
Lesson 4	Living in the wider world Economic wellbeing	L15 L16 L17 L18 L19	My Money	Saving and Budgeting	<ul style="list-style-type: none"> • To analyse financial circumstances • About saving and budgeting 	Citizenship – the functions and use of money	Key Words: Financial Credit Debit RWCM

					<ul style="list-style-type: none"> An understanding of finance and credit 		
Lesson 5	Citizenship Economic wellbeing	L15 L16 L17 L18 L19	My Money	Being a clever consumer	<ul style="list-style-type: none"> to identify some of the reasons why we spend money to explain why we choose to support different kinds of shops how price and competition affect our consumer decisions how our consumer decisions affect other people. 	The functions and use of money	Key Words: Price Competition Consumer RWCM
Lesson 6	Relationships Living in the Wider World	H1 H4 R37 R38 R39 R40 R41 R43 R45 R46 L22 L23 L24 L25 L26	My World	Prejudice and Discrimination	<ul style="list-style-type: none"> whether situations show religious prejudice or not. to describe opinions about freedom of speech and religious prejudice. whether situations show religious prejudice, religious discrimination or religious ignorance and analyse why such incidents still happen today. 	SMSC Tolerance Rule of Law Individual Liberty Respect	Key Words: Prejudice Discrimination

Term 3	RSHE Content	PSHE Association PoS Refs	Category	Topic	In this lesson, students learn	Link to SMSC/British values	Literacy/Numeracy
Lesson 1	Relationships Family and friendships	R13 R14 R15 R16 R19 R21	My Choices	Conflict Resolution	<ul style="list-style-type: none"> to further develop the skills of active listening, clear communication, negotiation and compromise to develop conflict management skills and strategies to reconcile after disagreements 	Tolerance SMSC	RWC Key Words: Conflict Resolution Negotiation Compromise Communication Tolerance
Lesson 2	Health and Wellbeing Living in the wider world	H1 H2 H3 H4 H5H6 H7 H9 H10 H11 H12 R19 R21 R42 R46 L14 L27	My Choices	Resilience	<ul style="list-style-type: none"> what affects confidence and self-esteem how resilience strategies can help 	SMSC	RWC Key Words: Resilience Confidence Self esteem
Lesson 3	Health and Wellbeing	H10 H23 H24 H25 H26	My Choices	Alcohol and Smoking	<ul style="list-style-type: none"> the recommended health advice regarding alcohol consumption for adults the effects of drinking too much alcohol. 	SMSC Rule of law	RWC Key Words: Illegal Responsibility Awareness

		H27 H28 H29 R20 R23 R43 R44 R45 4 R46					Carcinogenic
Lesson 4	Health and Wellbeing	H3 H13 H14 H15 H16 H17 H18 H19 H20	My Choices	Health and fitness (incl sleep)	<ul style="list-style-type: none"> • what 'being healthy' means • the importance of healthy routines in life. 	SMSC Personal responsibility	RWC Key Words: Physical Mental Social Responsibility Hygiene
Lesson 5	Living in the Wider World	H1 L2 L3 L7 L8 L9 L10 L11 L12	My Future	Raising Aspirations	<ul style="list-style-type: none"> • to review their strengths and skills • to set ambitious targets and goals • to be open to opportunities available to them 	SMSC	RWC Key Words: Aspiration Ambition Targets Goals Opportunities
Lesson 6	Respect	L23 L25 L26	My World	My Environment	<ul style="list-style-type: none"> • whether statements are accurate • strategies to support the environment 	SMSC Respect Community cohesion	RWC Key Words: Environment Sustainability

					<ul style="list-style-type: none">• how to alter their behaviour to be more environmentally friendly		Strategies Behaviour
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Year 9

Term 1	RSHE Content	PSHE Association PoS Refs	Category	Topic	In this lesson, students learn	Link to SMSC/British values	Literacy/Numeracy
Lesson 1	Living in the Wider World	H1 L1 L2 L3 L6 L9 L12	My Future	Goal/Target setting	<ul style="list-style-type: none"> to complete a Personal Development Plan 	SMSC	Key Words: Personal development Targets Challenging Aspirational RWC
Lesson 2	Democracy		My World	Democracy – voting at 16	<ul style="list-style-type: none"> To gain an understanding of what an election is. to describe the voting process. To recognise why it is important to vote and have the right to vote. 	SMSC Democracy Rule of law	Key Words: General election Voting RWC
Lesson 3	Relationships	R1 R2 R9 R10 R11 R12 R13	My Choices	Positive Relationships	<ul style="list-style-type: none"> to say what makes a healthy relationship to identify the warning signs of an unhealthy relationship. 	SMSC Rule of law Respect Discrimination	Key Words: Mutual respect Honesty Trust Communication Fairness/equality Consent

		R14 R18 R23 R24 R25 R31 R37 R38 H30 H31					Child sexual exploitation RWC
Lesson 4	Living in the Wider World Relationships	H1 R3 R4 R5 R38 R39 R40 R41 L13	My World	Discrimination	<ul style="list-style-type: none"> to correctly identify cases of workplace discrimination. About the Equality Act 2010 	SMSC Discrimination Tolerance Respect Rule of law	Key Words: Prejudice Discrimination RWC
Lesson 5	Health and Well Being	H25 H27 H24 H30 R42 R43 R44	My Choices	Peer pressure	<ul style="list-style-type: none"> To identify strategies to resist peer pressure and reasons this can be so difficult. To describe the best ways particular case 	SMSC Tolerance Respect	Key Words: Peer pressure Hard mentality RWC

					<p>studies can resist peer pressure and the meaning of herd mentality.</p> <ul style="list-style-type: none"> To explain the difference herd mentality, herd behaviour and peer pressure and analyse which strategies will work best in which case. 		
<p>Lesson 6</p>	<p>Living in the Wider World Rule of Law</p>	<p>R42 R43 R44 R45 R46 R47</p>	<p>My World</p>	<p>Rights, Justice and the Law – Being a young offender</p>	<ul style="list-style-type: none"> To describe some ways in which young offenders are treated differently to adults and what punishments there are for young offenders. to explain the difference between the way young offenders and adults are treated and what 	<p>SMSC British values Rule of law</p>	<p>Key Words: Criminal responsibility Offenders Victims Peer pressure RWC</p>

					happens when young people commit crimes.		
Lesson 7	Relationships	R42 R43 R44 R45 R46 R47	My Choices	Gang culture County Lines	<ul style="list-style-type: none"> • To recognise peer influence • To support others with strategies to resist pressure and influence • About the factors that contribute to young people joining gangs; the social, legal and physical consequences of gang behaviours • To understand the consequences of becoming involved in county lines 	SMSC Rule of Law	Key Words: RWC

Term 2	RSHE Content	PSHE Association PoS Refs	Category	Topic	In this lesson, students learn	Link to SMSC/British values	Literacy/Numeracy
Lesson 1	Living in the Wider World	L2 L3 L6 L7 L8 L9	My Future	Options Prep 1 (assembly)	<ul style="list-style-type: none"> about the options pathways for HCS about the different subjects available 		RWC
Lesson 2	Living in the Wider World	L2 L3 L6 L7 L8 L9	My Future	Options Prep 2	<ul style="list-style-type: none"> about career choices about post 16 courses 		RWC
Lesson 3	Health and Wellbeing Relationships	H9 H10 H11 H12	My Choices	Healthy/unhealthy coping strategies	<ul style="list-style-type: none"> to develop a range of healthy coping strategies to promote well being and boost mood the causes and triggers for unhealthy coping strategies when to seek support and where the support is available in school and external to school 	SMSC Respect	Key Words Resilience Well-being RWC
Lesson 4	Relationships Living in the Wider World	L10 L13 R41 R39 R40	My Choices My World	Equality – Discrimination and the Equality Act 2010	<ul style="list-style-type: none"> about young people’s employment rights and responsibilities the unacceptability of prejudice-based 	SMSC Individual Liberty Democracy Tolerance	Key Words: Prejudice Sexism Homophobia Biphobia

					language and behaviour, in recruitment and employment conditions, including sexism, homophobia, biphobia, transphobia, racism, ableism and faith-based prejudice	Respect	Transphobia Racism Ableism RWC
Lesson 5	Tolerance Diversity	R41 R39 R40	My World	Immigration in the UK and diverse communities	<ul style="list-style-type: none"> To explore and explain our multiple personal identities, explaining our heritage and the contributions of our cultures in helping to form Britain today. 	SMSC Individual Liberty Democracy Tolerance Respect	Key Words: Immigration Diversity Tolerance respect RWC
Lesson 6	Living in the Wider World Economic wellbeing	L15 L16 L17 L18 L19	My Money – accounts, savings and financial institutions	Money Management	<ul style="list-style-type: none"> To understand the different types of financial institutions About different types of accounts 	SMSC Citizenship	Key Words: Credit Debit Current savings RWCM

Term 3	RSHE Content	PSHE Association PoS Refs	Category	Topic	In this lesson, students learn	Link to SMSC/British values	Literacy/Numeracy
Lesson 1	Health and Wellbeing	H2 H3 H7 H10 H11 H17 H18 R38 R39 R41 R42 R43 L20 L21 L24 L26	My Choices	Body image and the media – eating disorders	<ul style="list-style-type: none"> The link between mental health and eating disorders How eating disorders manifest What support is available 	SMSC Mental Health	Key Words: Eating disorder Anorexia Bulimia RWC
Lesson 2	Health and Wellbeing	H11 H26 H27 H28 H29	My Choices	Alcohol awareness	<ul style="list-style-type: none"> To be aware of the dangers of alcohol To understand the consequences to mental health and physical health 	SMSC Rule of Law Respect	Key Words: Abuse Addiction RWC
Lesson 3	Living in the Wider World	L2 L4 L9	My Future	Employability skills	<ul style="list-style-type: none"> What is meant by the term employability How to protect their 	Citizenship SMSC	Key Words: Employability Skills Qualities Employment

					employability qualities <ul style="list-style-type: none"> • How to improve your employability 		
Lesson 4	Living in the Wider World	L11 L12	My Future	Types of work	<ul style="list-style-type: none"> • About the different types and patterns of work including employment, self-employment and voluntary work • About the different work roles and career pathways 	SMSC	Key Words Permanent Temporary Full time Part time Self employed Voluntary
Lesson 5	Health and Well Being	H32 H30 H31 R17 R29 R30	My choices	Grooming Social media	<ul style="list-style-type: none"> • What grooming is and how to recognise it • How to enjoy social media and keep accounts safe and private 	SMSC Rule of law	Key Words Grooming Privacy Criminal Exploitation
Lesson 6	Relationships Health and Well Being	H1 H2 H4 H5 H6 H7 H9 H10	My Choices	Emotional literacy	<ul style="list-style-type: none"> • To develop their sensitivity and self-awareness • How to handle extreme emotions • How to support others 	SMSC	Key Words: Sensitivity Self-awareness RWC

		H12 R14 R19 L2 L3 L4					
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Key Stage 3 additional RSE sessions

Year 7

Lesson	RSHE Content	PSHE Association PoS Refs	In this lesson, students learn
Lesson 1	Consent	R1, R2, R7, R9, R10, R13, R14, R17, R18, R24, R26, R27	<ul style="list-style-type: none"> • about different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect them • the importance of trust in relationships and the behaviours that can undermine or build trust • the qualities and behaviours they should expect and exhibit in a wide variety of positive relationships (including in school and wider society, family and friendships, including online) • how to seek, give, not give and withdraw consent (in all contexts, including online) • that the seeker of consent is legally and morally responsible for ensuring that consent has been given; that if consent is not given or is withdrawn, that decision should always be respected • that consent is freely given; that being pressurised, manipulated or coerced to agree to something is not giving consent, and how to seek help in such circumstances
Lesson 2	Positive relationships	H3, H30, H31, R1, R2, R3, R4, R5, R7, R8, R14, R17, R18, R23, R24	<ul style="list-style-type: none"> • indicators of positive, healthy relationships and unhealthy relationships, including online • how the media portrays relationships and the potential impact of this on people's expectations of relationships • the qualities and behaviours they should expect and exhibit in a wide variety of positive relationships (including in school and wider society, family and friendships, including online) • about family relationships—different types and why we don't always get along • conflict resolution

Year 8

Lesson	RSHE Content	PSHE Association PoS Refs	In this lesson, students learn
Lesson 1	Respectful relationships	H3, H30, H31, R1, R2, R3, R4, R5, R7, R8, R14, R17, R18, R23, R24	<ul style="list-style-type: none"> • How social constructs around gender can contribute to sexist and homophobic attitudes, unreasonable expectations, and gender inequality. • The importance of enthusiastic consent and to respect others' autonomy at all times. • Different levels of sexual harassment, from 'just a joke' banter that constitutes harassment, through to more overt examples of catcalling and physically invading personal space.
Lesson 2	Consent (include forced marriage and FGM)	H22, R2, R6, R1, R9, R10, R11, R12, R24, R25, R27, R28, R29, R30, R31	<ul style="list-style-type: none"> • the risks and facts associated with FGM, its status as a criminal act and how to access support • indicators of positive, healthy relationships and unhealthy relationships, including online • the importance of trust in relationships and the behaviours that can undermine or build trust • to evaluate expectations about gender roles, behaviour and intimacy within romantic relationships • that everyone has the choice to delay sex, or to enjoy intimacy without sex
Lesson 3	Diversity in relationships and gender identity	R1, R3, R4, R5, R6, R7, R8, R36, R39, R40, R41	<ul style="list-style-type: none"> • about the similarities, differences and diversity among people of different race, culture, ability, sex, gender identity, age and sexual orientation • the difference between biological sex, gender identity and sexual orientation • to recognise that sexual attraction and sexuality are diverse

			<ul style="list-style-type: none">• the nature and importance of stable, long-term relationships (including marriage and civil partnerships) for family life and bringing up children• the impact of stereotyping, prejudice and discrimination on individuals and relationships• about the unacceptability of prejudice-based language and behaviour, offline and online, including sexism, homophobia, biphobia, transphobia, racism, ableism and faith-based prejudice• the need to promote inclusion and challenge discrimination, and how to do so safely, including online
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Year 9

Lesson	RSHE Content	PSHE Association PoS Refs	In this lesson, students learn
Lesson 1	Respectful, intimate relationships	R8, R7, R2, R9, R10, R11, R12, R3, R4, R5, R13, R14, R24, R25, R26, R27, R28, R29, R30, R31, R37, R40, R41, R44	<ul style="list-style-type: none"> • How pornography is made for the ‘male gaze’. • Recognising and seeking help for pornography addiction. • The impact of non-consensual sharing of intimate images. • Privacy, sex shaming, revenge porn and victim blaming. • Misogyny and stereotypes in pornography. • The importance of consent and open conversations about sexual needs • the characteristics of abusive behaviours, such as grooming, sexual harassment, sexual and emotional abuse, violence and exploitation; to recognise warning signs, including online; how to report abusive behaviours or access support for themselves or others
Lesson 2	Contraception + choices in sex (delay, different relationships) STIs (access to health care)	H35, H36, R32, R33, R34	<ul style="list-style-type: none"> • the communication and negotiation skills necessary for contraceptive use in healthy relationships • the risks related to unprotected sex • the consequences of unintended pregnancy, sources of support and the options available • about the purpose, importance and different forms of contraception; how and where to access contraception and advice • that certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain sexually transmitted infections (STIs)

Lesson 3	Health checks and personal responsibility	H19, H20, H21	<ul style="list-style-type: none">• the importance of taking increased responsibility for their own physical health including dental check-ups, sun safety and self-examination (especially testicular self-examination in late KS3)• the purpose of vaccinations offered during adolescence for individuals and society• strategies for maintaining personal hygiene, including oral health, and prevention of infection• how to access health services when appropriate
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