

KS3 - PSHE and Citizenship

Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. The school follows the DFE PSHE guidance and students have one lesson per week to study PSHE and Citizenship education. This is supplemented by curriculum focus days and special events or workshops throughout the year delivered by outside agencies, for example Deafax or the school nurse.

In PSHE students acquire the knowledge, understanding and skills they need to manage their lives, now and in the future. PSHE education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society. Students also learn more about their deafness, deaf culture in the UK and how to manage their audiological equipment and their entitlement to support. Sex and relationship education (SRE) is an important part of PSHE education.

Citizenship education equips students with the knowledge, skills and understanding to play an effective role in public life. Heathlands follows the KS3 Programme of study for Citizenship which encourages students to take an interest in topical issues and to engage in discussion and debate. Students learn about their rights, responsibilities, duties and freedoms and about laws, justice and democracy.

Year7						
	Living in the Wider World	Health and Wellbeing	Relationships	Citizenship	Wider World	Keeping Healthy
Title	Target Setting, Transition and Study Skills	Emotional Health Thinking positive (influence of the media; self-harm; gender identity)	Friendship and bullying	Making Sense of the Law	Personal Finance and budgeting	Balanced Diet (eating disorders)
Year 8						
	Health and Wellbeing	Citizenship	Relationships	Health and Wellbeing	Relationships	Wider World
Title	Personal Hygiene and looking after your body	How does democracy work?	Understanding parents and different types of families (marriage and civil partnerships)	Personal Safety and Emergency response	Gang membership and consequences of carrying offensive weapons	Human Rights and British Values (Discrimination and Prejudice)
Year 9						
	Health and Wellbeing	Citizenship	Relationships	Health and Wellbeing	Relationships	Wider World
Title	Healthy Lifestyles (drugs; legal and illegal medicines, exercise and cancer prevention)	Being an active citizen (Community Action; Voluntary groups)	Dealing with loss (relationship; bereavement; divorce)	Preparing for Sexual relationships (consent, contraception)	Parenthood and the consequences of teenage pregnancy	Ready for work (expectations; laws; career pathways; options)