

2024-25 PSHCE Long Term Planning – KS3 (Include how to seek help, in every lesson)

	Autumn Term		Spring Term		Summer Term	
	First half	Second half	First half	Second half	First half	Second half
Year 7	Health and Wellbeing (7)	Relationships (6)	Health and Wellbeing (6)	Citizenship (4)	Relationships (6)	Wider World (7)
	Resilience 1.Introduction to secondary school and PSHCE lessons (Year 7 transition lesson) 2. Being an aspirational student 3. The importance of self-esteem 4. How can we enjoy social media but keep our accounts safe and private? 5. How can we be resilient and face challenges? 6. Introduction to mental health issues – depression focus. 7. How can we manage our anger?	Forming Good relationships 1.Keeping good friendships and avoiding toxic ones. 2.Family relationships – the different types and why we don't always get along. 3.Love and relationships – falling in love and dealing with new feelings. 4.Bullying or banter? Why do people bully others and how can we stop this? 5.What is Cyberbullying? Why do people bully online? 6.How do we keep safe and positive relationships (on and off-line)	Healthy lifestyle 1. How can I keep healthy? Food groups, diet and nutrition. 2. Healthy living – exercise and keeping active. 3. Consequences of not eating healthy. 4. The dangers of vaping, cigarettes and passive smoking. 5. Puberty and periods – what happens, when and why. 6. FGM – What is this and why is it so dangerous?	How does democracy work in the UK? 1. Liberties we have in the UK 2.Voting 3. Parliament Government 4. Laws and how they are made	Positive Relationships 1.What is my personal identity and why is diversity important? 2. What is stereotyping and prejudice? Racism focus. 3.Different types of relationships (healthy and unhealthy) 4.Different types of families 5.Marriage and what it means (forced) 6.Dealing with separation and divorce	Personal Finance 1. How can we budget our money? 2. How can I create a personal budgeting plan? 3. What are savings, loans and interest? 4. What are the different types of financial transactions? 5. What are the different types of financial products? 6. How can we shop ethically? 7. What are wants and needs and why do we need to know the difference?

Year 8	Wider World (7)	Relationships (7)	Health and Well-Being (6)	Health and Well-being (5)	Citizenship (7)	Wider World (7)
	Using the internet and information safely + tolerance 1. Internet Safety – what is online grooming and why must we be so careful? 2. Spotting fake news 3. Stereotyping, discrimination and prejudice. Disability focus. 4. Stereotyping, discrimination and prejudice. Religion focus. 5. Stereotyping, discrimination and prejudice. Teens and the media focus. 6. LGBTQ+ focus: Homophobia. 7. The role of police, courts and prisons - Why do we have laws	RSE 1. How do we have safe sex and use different forms of contraception? 2. Why do teenage parents have it so tough? How can we avoid teenage pregnancy? 3. How do we keep good sexual health and avoid STIs? 4. What is consent and why is it important we know about it? 5. What is sexting and why is it so risky to send personal images? 6. What is pornography and why can it be dangerous? 7. Domestic conflict – why do people run away from home and why is this so dangerous?	Healthy Minds 1. Personal development and target setting – how can I improve my skills and behaviour? 2. How can self-confidence boost our achievement? 3. How can I manage my behaviour to achieve targets and goals? 4. What is mindfulness? How can this aid positive mental health? 5. Emotional literacy – why is self-awareness in our actions towards others so important? 6. How can we look after ourselves and others in an emergency? Personal safety and first aid.	Looking after yourself 1. Cancer awareness 2. Getting enough sleep 3. What is the big deal about energy drinks? 4. What are drugs? 5. Why are they dangerous? (class A, B and C)	British Values and Radicalism 1. Extremism – why does radicalisation happen and how does it challenge our values? 2. Who are the extremist groups and why are they so dangerous? 3. Where does extremism come from? 4. How can we prevent radicalisation and recognise the signs of extremism? 5. How do religious extremists attract converts? 6. Islamophobia – do Muslims really want Sharia Law in Britain? 7. How can British Values teach us tolerance and respect for others?	Finance (2) and Careers 1. Finance – what is income and expenditure? 2. Finance – budgeting and saving personal finances. 3. Careers + Finance – what are national insurance and income tax? Reading payslips. 4. Why do we pay tax and how is this spent? 5. Careers + development focus – how can we develop our communication skills? 6. Careers + development focus – how can we develop our teamwork skills? 7. How can we become entrepreneurs?

Year 9	Health and Well-Being (8)	Relationships (6)	Citizenship (5)	Relationships (5)	Wider World (8)	Wider World (5)
	Healthy Lifestyle 1. How can we foster a Growth Mindset to succeed and achieve? 2. How can I develop interpersonal skills to help me to succeed? 3. How can we manage the stress of school and exams? 4. Why are people selfie obsessed and what consequences can this have? 5. What is self-harm and why do people do this? 6. Mental health – how can I deal with and manage anxiety? 7. Responsible health choices – blood donation, stem cells, vaccinations 8. FGM recap (status as a crime and how to seek help).	Risk Taking 1. What is peer-pressure- why is it so powerful and how can we overcome this? 2. Why do people take illegal drugs and what does the law say about drug use? 3. What are the short and long-term consequences of excess alcohol drinking? 4. How does knife crime impact on our communities, why do teens get involved and what are the consequences? 5. How does the law deal with young offenders? 6. CSE – how are children and young people lured into dangerous relationships and what do these look like?	Being an active citizen 1. Why do we need to keep to rules in order to succeed? 2. Why can't some people access education? 3. How are we protected from prejudice and discrimination? 4. Why are British communities so diverse? (Immigration and diversity focus) 5. Can we respect and celebrate British values and the religion and culture of our choice?	Relationship Values 1. RSE recap – contraception and consent. 2. Body image and the media (focus on boys) 2. Body image and the media (focus on girls) 3. Body image and the media – does the media contribute to eating disorders? 4. Who are the LGBT+ community and what would they like us to know? 5. What are domestic violence and abusive relationships? (Healthy and unhealthy relationships)	Ready for work 1. How can we be self-disciplined to achieve our aims at school and in the wider world? 2. Employability skills – preparing for and applying to the world of work and careers 3. What other skills do we need to develop for the work environment? 4. What does it mean to be 'enterprising' and what is an 'enterprising personality'? 5. What can we learn from successful business people and entrepreneurs 6. How can I stay financially savvy and avoid debt? 7. What rights do we have as shoppers and consumers? 8. Navigating accounts, savings, loans and financial institutions.	Human Rights and British Values 1. How can extreme views lead to human rights abuses and atrocities? 2. How do charities like UNICEF help across the world? 3. Should we send aid to foreign countries – is aid the answer? 4. How can we care for our environment and why is it changing? 5. What is sustainability and why is this essential to our environment?