



PSHE Topics - KS3

Autumn 1	Autumn 2	Spring 1
<p>What do we mean by a healthy lifestyle?</p> <p>How can I keep a healthy lifestyle - food groups, diet and nutrition?</p> <p>How do I know if I'm eating healthily - understanding food labels?</p> <p>What are the consequences of not eating healthily?</p> <p>What's the big deal about energy drinks?</p> <p>How can I commit to a healthy life - active life and exercise?</p> <p>Why is smoking so bad for us and why must we try to avoid secondhand smoke?</p> <p>How dangerous are drugs and what are the different types?</p>	<p>Maintaining genuine friendships and avoiding toxic ones</p> <p>Families and different long term commitments (marriage / civil partnerships) what are the different types and does it matter what kind of family I have?</p> <p>Romance, love, new feelings and teen relationships</p> <p>Bullying or banter – what is and what isn't acceptable?</p> <p>What does it mean to be a British Citizen? Researching heritage and culture</p> <p>What is online radicalisation and why is it a problem?</p>	<p>How can we keep good mental health and recognise symptoms of depression?</p> <p>Emotional Literacy – How can I control my anger?</p> <p>Puberty – what can I expect, what's normal and why does it happen?</p> <p>Periods, the menstrual cycle and PMS – what do I need to know?</p> <p>FGM – what is it, why is it so serious and what can we all do to help?</p> <p>How can we prevent online bullying?</p> <p>How can we keep safe and positive relationships?</p>



PSHE Topics - KS3

Spring 2	Summer 1	Summer 2
<p>How to be an aspirational student</p> <p>The importance of self-esteem</p> <p>What are wants and needs, and why do we need to know the difference?</p> <p>What is stereotyping and prejudices? Racism focus</p> <p>How can we enjoy social media, but keep our accounts safe and private?</p> <p>How can we shop as an ethical consumer?</p>	<p>What is budgeting - how can we do it?</p> <p>How can I create a personal budgeting plan?</p> <p>What are savings, loans and interest rates?</p> <p>What are the different types of financial products?</p> <p>What are the different types of financial transactions?</p>	<p>What is my personal identity and why is diversity important?</p> <p>How can we be resilient and face challenges?</p> <p>Love and relationships - dealing with different feelings</p> <p>Family relationships - the different types and why we don't always get along</p> <p>Introduction to mental health - depression</p> <p>Why do people bully, and how can we stop this?</p>



PSHE Topics - KS3

Autumn 1	Autumn 2	Spring 1
<p>What is vaping, nicotine and addiction?</p> <p>Cancer Awareness</p> <p>How can we look after ourselves and other - First Aid and Personal Safety</p> <p>Why do teenage parents have it so tough - how can we avoid this?</p> <p>Domestic conflict - why do people run away from home and why is this so dangerous?</p> <p>What is stereotyping and prejudices? Religion focus</p>	<p>What is consent and why do we need to know it's importance?</p> <p>How do we have safe sex and use different types of contraception?</p> <p>What is pornography and why is it dangerous?</p> <p>What is sexting and why is it so risky?</p> <p>How do we keep good sexual health and avoid STIs?</p> <p>Body image and the media - male focus</p>	<p>How can British Values teach us tolerance and respect for others?</p> <p>Who are the extremist groups and why are they so dangerous?</p> <p>Where does extremism come from?</p> <p>How do extremists attract converts?</p> <p>Islamophobia - do Muslims really want Sharia Law in the UK?</p> <p>How can we prevent radicalisation and recognise the warning signs?</p>



PSHE Topics - KS3

Spring 2	Summer 1	Summer 2
<p>Finance - what is income and expenditure?</p> <p>Finance - what are National Insurance and Income Tax?</p> <p>Why do we pay tax and how is this spent?</p> <p>Finance - budgeting and saving</p> <p>Careers - how can we become entrepreneurs?</p> <p>Careers - how can we develop our teamwork skills?</p> <p>Careers - how can we develop our communication skills?</p>	<p>How can self confidence boost our achievements?</p> <p>Personal development - how can I improve my behaviour and skills?</p> <p>How can I manage my behaviour to achieve my goals?</p> <p>Emotional Literacy - why is self awareness in our actions towards others so important?</p> <p>What is mindfulness? How can this develop positive mental health?</p>	<p>Stereotyping, prejudice and discrimination - Disability focus</p> <p>Homophobia - LGBT discrimination around the world</p> <p>Stereotyping, prejudice and discrimination - Teenagers and the media</p> <p>Internet Safety - what is online grooming?</p> <p>Internet Safety - how can we avoid online groomers?</p> <p>How can we care for our environment and why is it changing?</p>



Yr9

Autumn 1	Autumn 2	Spring 1
<p>What are the short and long term consequences of excess alcohol use?</p> <p>Why do people take illegal drugs and what does the law say about drug use?</p> <p>Responsible health choices - blood/organ donors, stem cells and vaccinations</p> <p>Acid attacks - why are these on the increase and what can we do if we witness one?</p> <p>What is self-harm and why do people do this?</p> <p>What is peer pressure? Why is it so powerful and how can we overcome it?</p>	<p>Body image and the media - does the media contribute to eating disorders?</p> <p>Body image and the media - female focus</p> <p>Child Sexual Exploitation - how are children and young people lured into dangerous relationships and what should we look out for?</p> <p>What are domestic and abusive relationships? Healthy and unhealthy relationships</p> <p>British Values - can we respect and celebrate the religion and culture of our choice?</p> <p>British Values - why and how are our communities so diverse?</p>	<p>How can I stay financially savvy and avoid debt?</p> <p>Navigating accounts, savings, loans and financial institutions</p> <p>Consumers and the Law - what are my rights?</p> <p>How can we be self disciplined to achieve our aims and goals in school and the wider world?</p> <p>How can we foster a Growth Mindset in order to achieve?</p> <p>How can we manage the stress of school and exams?</p>



PSHE Topics - KS3

Spring 2	Summer 1	Summer 2
<p>Employability Skills - preparing for and applying to the world of work and careers</p> <p>What other skills do we need for the wider and working world?</p> <p>What does it mean to be enterprising, and how do we create an enterprising personality?</p> <p>What can we learn for successful business and entrepreneurs?</p> <p>How can I develop interpersonal skills to help me succeed?</p>	<p>Mental health - how can I deal with and manage anxiety?</p> <p>Why do people become selfie obsessed and what consequences can this have?</p> <p>Who are the LGBTQ+ community and what would they like us to know?</p> <p>What is sustainability and how is this essential to our environment?</p> <p>Should we send aid to foreign countries and is aid the answer?</p> <p>How can extreme views lead to human rights atrocities and abuse?</p>	<p>Why do we need to keep to rules in order to succeed?</p> <p>Human Rights - why can some people access education?</p> <p>How are we protected from prejudice and discrimination?</p> <p>How does knife crime impact our communities, why do teens get involved and what are the consequences?</p> <p>How does the law deal with young offenders?</p> <p>How do charities like UNICEF help around the world?</p>