

PSHE KS3 (Ludlow and Hook-a-gate Centre) CURRICULUM MAP- Year 1

Term:	Autumn term 1: September – October	Autumn Term 2: November – December
Topic title	Online Safety Education	Mental Health and Wellbeing Education
Topic content:	<ul style="list-style-type: none"> How the media can affect body image and mental health How can the media and pornography affect respectful healthy relationships? Peer on peer abuse and bullying The negative effects of gambling Online privacy and using social media safely and personal information. The risks and laws about sexting and practising refusal skills Online abuse and exploitation Support and agencies to help with online issues 	<ul style="list-style-type: none"> Attitudes about mental health Promoting emotional wellbeing Digital resilience Recognising misconceptions and warning signs of unhealthy coping strategies Identifying suitable sources for support Healthy coping strategies Influences on mental health and emotional wellbeing Supporting good health and healthy behaviours

Term:	Spring term 1: January - February	Spring Term 2: March
Topic title	Families	Respectful relationships including friendships
Topic content:	<ul style="list-style-type: none"> Identify different types of families Suggest reasons why families conflict and ideas to reduce the conflict in families Identify way people get married/ partnership ceremony Suggest what makes a happy successful marriage/partnership Identify why people divorce or separate and how this affects families Suggest support for people experiencing divorce, separation, loss and bereavement. Identify key important traits of being a good parent/career Describe different types of abuse including domestic abuse Suggest support for abuse Recognising how a child may feel when their parents are in unhealthy relationships and suggest strategies to help them 	<ul style="list-style-type: none"> identify different types of relationships Way to maintaining a good relationship Identify what an abuse relationship is and the warning signs. Identify help and support for victims of domestic abuse understanding and awareness of people with learning disabilities and autism ways of challenging disablist language, bullying, discrimination and prejudice. Look at disagreements in friendships and how to resolve them. identify what makes a good partner and why people commit to one another

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	<ul style="list-style-type: none"> ● Identify what makes a healthy relationship ● Suggest examples of healthy and unhealthy relationship scenarios. ● Identify how you can help at home and support your own family ● Recognising strong emotions. ● Identify how people can overcome negative feelings and build resilience 	<ul style="list-style-type: none"> ● How to support someone coming out and how they could get support ● determine how a gang is identified, who makes up a gang and the negative impacts of gang life with support
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Term:	Summer term 1: April – May	Spring Term 2: June – July
Topic title	Changing Adolescent Bodies and Consent Education	Sex and Relationships Education
Topic content:	<ul style="list-style-type: none"> ● Identifying body parts using correct vocabulary ● To label female and male reproductive organs using correct terminology ● Identify warning signs of abuse relationships ● Identify physical changes that happens to both female and male bodies through puberty ● Identify different hormones and how they may make teenagers feel ● Label the main physical changes in bodies through puberty for both male and female bodies ● Identify what happened during menstruation and where does sperm come from ● Explain how reproduction happens and how a baby is created and how it develops ● Practice refusal skills and how to deal with risky situations ● What consent means and applying it to a healthy relationship ● Where to get support for non-consented situation or disclosures 	<ul style="list-style-type: none"> ● The difference between a friendships and sexual relationship ● What is self-worth ● Why people may have sex early and the importance of delaying sex ● Identify help and support for victims of domestic abuse ● How to explore feeling, views and opinions ● Identify ways you can show you care and your own bill of rights ● Understanding the importance of contraception, protection against STI's and unwanted pregnancy ● How to use a range of contraception's ● Identifying signs and symptoms of STI's ● Advantages and disadvantages of different types of contraception's ● Identifying local health clinics and emergency contraception ● Identifying and considering the risk in relation to alcohol use ● How to be a healthy parent and identifying support for young parents