

## PSHE KS3 (Sundorne/Bridgnorth/Oswestry centre) CURRICULUM MAP

<b>Term:</b>	<b>Autumn term 1: September – October</b>	<b>Autumn Term 2: November – December</b>
<b>Topic title</b>	<b>Drugs Education</b>	<b>Families, Respectful Relationships including Friendships Education</b>
<b>Topic content:</b>	<ul style="list-style-type: none"> <li>• Understanding key words and their meaning</li> <li>• Identifying illegal and legal drugs</li> <li>• Researching illegal drugs, finding out risks, addiction, affects and duration of particular drugs</li> <li>• Finding out the laws of supply and possession of different classes of drugs</li> <li>• Identifying groups who maybe more at risk of also and drug abuse or addiction</li> <li>• Information about prescription drugs</li> <li>• The short- and long-term effects of alcohol use and abuse</li> <li>• How alcohol use or abuse can affect families and finding support</li> <li>• Risks for teenage alcohol consumption and how to keep safe</li> <li>• The dangers of smoking and vaping and help to quit support</li> </ul>	<ul style="list-style-type: none"> <li>• Identifying different types of families and relationships</li> <li>• Discussing family conflicts and how to reduce them</li> <li>• Why do people get married /partnership ceremonies?</li> <li>• What makes a successful marriage/partnership?</li> <li>• Why do people separate or divorce and how this affects families?</li> <li>• How to support experiencing divorce, separation, loss or bereavement?</li> <li>• What makes a good parent/carer?</li> <li>• What makes a healthy relationship?</li> <li>• Identifying how relationships can be abusive/unhealthy, and support available</li> <li>• Why are friendships important?</li> <li>• Gang exploitation and knife crimes</li> <li>• Supporting people who may be coming out with their sexuality.</li> </ul>

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

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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"> <li>● Identifying body parts using correct vocabulary</li> <li>● To label female and male reproductive organs using correct terminology</li> <li>● Identify warning signs of abuse relationships</li> <li>● Identify physical changes that happens to both female and male bodies through puberty</li> <li>● Identify different hormones and how they may make teenagers feel</li> <li>● Label the main physical changes in bodies through puberty for both male and female bodies</li> <li>● Identify what happened during menstruation and where does sperm come from</li> <li>● Explain how reproduction happens and how a baby is created and how it develops</li> <li>● Practice refusal skills and how to deal with risky situations</li> <li>● What consent means and applying it to a healthy relationship</li> <li>● Where to get support for non-consented situation or disclosures</li> </ul>	<ul style="list-style-type: none"> <li>● The difference between a friendships and sexual relationship</li> <li>● What is self-worth</li> <li>● Why people may have sex early and the importance of delaying sex</li> <li>● Identify help and support for victims of domestic abuse</li> <li>● How to explore feeling, views and opinions</li> <li>● Identify ways you can show you care and your own bill of rights</li> <li>● Understanding the importance of contraception, protection against STI's and unwanted pregnancy</li> <li>● How to use a range of contraception's</li> <li>● Identifying signs and symptoms of STI's</li> <li>● Advantages and disadvantages of different types of contraception's</li> <li>● Identifying local health clinics and emergency contraception</li> <li>● Identifying and considering the risk in relation to alcohol use</li> <li>● How to be a healthy parent and identifying support for young parents</li> </ul>