

PHSE including RSE – Key Stage 3

Intent:

Our PSHE curriculum includes Relationships and Sex Education. A key purpose of the KS3 PSHE curriculum is to furnish students with the knowledge and understanding they need to live healthy, safe, and fulfilled lives; effectively, our aim is to turn knowledge into proper understanding. We recognise that PSHE is a subject whose knowledge base does not begin in the classroom; most students come to school with their heads full of knowledge. Some of this knowledge is accurate and properly understood, but some of it is incomplete, skewed, misrepresented, or misunderstood. The KS3 PSHE and RSE curriculum enables students to put the knowledge they already have in its proper place, attribute to it its correct value.

Implementation:

	Term 1	Term 2	Term 3
Year 1	<p>Living In a Wider World section 1</p> <ul style="list-style-type: none"> • Being a resilient student • How can we be aspirational? • How does self-esteem help us to achieve? • Prejudice and discrimination – racism • What are wants and needs? • Social media - safe and private <p>Relationships Identity & Safety</p> <ul style="list-style-type: none"> • Bullying or banter? • Cyberbullying • Falling in love • Family relationships • Keeping good friendships • Keeping safe and positive relationships • Safe relationships • What are radicalisation and extremism? 	<ul style="list-style-type: none"> • Body image – girls focus • Body image, media and eating disorders • British community, religion, and culture • Domestic violence and abusive relationships • How can we deal with peer pressure? • Periods - what happens when and why? • Puberty - what happens when and why? • What is FGM and why is it dangerous? <p>Living In a Wider World section 2</p> <ul style="list-style-type: none"> • How can we budget our money? • Creating a personal budgeting plan • How can we shop ethically? • Savings, loans and interest rates • What are different financial products for? • What are different financial transactions? 	<ul style="list-style-type: none"> • How does child sexual exploitation happen? • Immigration, the UK, and diverse communities • Who are the LGBT community? <p>Health and wellbeing</p> <ul style="list-style-type: none"> • What do we mean by a healthy lifestyle? • Consequences of not eating healthily • Healthy living exercise • How can I eat responsibly? - Labels and nutrition • How can I keep healthy? - Food groups • How can we manage our anger? • Mental health intro – depression • The risks of smoking and second-hand smoking • What are drugs Classes A, B, and C? • What's the big deal about energy drinks?