

# PSHE – KS3

**Teachers:** Vicki Harker

Personal, Social, Health and Economic (PSHE) education is an important part of our curriculum. Through it, pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps pupils to stay healthy and safe, while preparing them to make the most of life and work. It also helps pupils to achieve their academic potential.

Our Programmes of Study (Jigsaw) takes a thematic approach to PSHE education and is designed so that all year groups are working on the same core theme at the same time. This approach ensures that pupils make developmental progress by revisiting themes year on year, building on and extending prior learning. After Year 7, Jigsaw is then complimented by Barnardo's "Real Love Rocks" scheme of work. This builds upon the themes already being taught and expands the knowledge of the subject to Years 8 thru 11. Links can also be made across the school in Theme Days and SMSC Tutor activities assemblies.

Oakfield School's PSHE curriculum aims to ensure that all pupils:

- Develop empathy and understanding of how the world around us works
- Develop responsible decision-making skills and self-management
- Develop transferable skills such as analytical thinking, problem solving, teamwork and communication strategies.
- Are equipped with the appropriate knowledge, tools, strategies and skills they need for life beyond school.

## Schemes of work:

Year 7

| Autumn One                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Autumn Two                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Spring One                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Spring Two                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Summer One                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Summer Two                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Being me in my world</b><br>11-12 <ul style="list-style-type: none"> <li>• To recognise that identity is affected by a range of factors</li> <li>• To understand that identity is affected by a range of factors</li> <li>• To understand how peer pressure operates within groups</li> <li>• To can recognise how I present myself online</li> <li>• To understand what can influence my behaviour online</li> <li>• To can maintain positive on and offline relationships</li> </ul> | <b>Celebrating difference</b><br>11-12 <ul style="list-style-type: none"> <li>• To describe what prejudice and discrimination are, to know what bystanders are and their impact on bullying, to explain some ways the Equality Act protects against prejudice and discrimination</li> <li>• To challenge my own and others' attitudes and values, and accept difference in others</li> <li>• To understand the wide range of roles in society and the variety of individuals that operate within them, to understand what stereotyping means and its potential impact, to define stereotyping and explain why it is unhelpful</li> <li>• To challenge prejudice and discrimination assertively, to understand that positive and</li> </ul> | <b>Dream and Goals</b><br>11-12 <ul style="list-style-type: none"> <li>• To identify my dreams and goals and recognise that these may change over time</li> <li>• To identify some of the skills that may benefit my future, including employment</li> <li>• To use my experiences, including mistakes and setbacks, to make appropriate changes to my plans and behaviour</li> <li>• To explain how responsible choices enable me to move towards my dreams and goals, to give an example of when an irresponsible or unsafe choice could affect a person's dreams and goals</li> <li>• To demonstrate how to respond to a situation requiring first aid I can give an example of when an irresponsible or unsafe</li> </ul> | <b>Healthy me</b><br>11-12 <ul style="list-style-type: none"> <li>• To explain ways to help myself when I feel stressed</li> <li>• To understand how health can be affected by emotions and know a range of ways to keep myself well and happy, to recognise when I feel stressed and the triggers associated with this, to understand how physical activity can help combat stress</li> <li>• To know about different substances and the effects they have on the body and why some people use them</li> <li>• To understand the positive impact of healthy lifestyle choices such as good nutrition, exercise and sleep on my body and mind</li> </ul> | <b>Relationships</b><br>11-12 <ul style="list-style-type: none"> <li>• To identify characteristics and benefits of positive, strong, supportive, relationships, to understand what expectations might be of having a romantic/ attraction relationship, to understand what is meant by consent</li> <li>• To identify the supportive relationships in my life, to know that relationships change and suggest how to manage this</li> <li>• To identify why people sometimes fall out, to suggest ways to manage conflict within my friendship group</li> <li>• To understand that discernment is an important skill when being a consumer of media</li> </ul> | <b>Changing me</b><br>11-12 <ul style="list-style-type: none"> <li>• To understand the changes that happen during puberty, to understand that practices such as Female Genital Mutilation and breast ironing are forms of abuse, to know where to access help if I am worried or concerned about puberty or abuse</li> <li>• To know how a baby is conceived naturally, to know that there are other ways a baby can be conceived e.g. IVF, to understand how a baby develops inside the uterus and is born</li> <li>• To know there are different types of committed stable relationships and that some people may choose to have children or not, to make links between positive, healthy</li> </ul> |

|  |                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                           |                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p>negative discrimination can take different forms and how it can affect people's lives, to know what the Equality Act is and can give some examples of protected characteristics</p> <ul style="list-style-type: none"> <li>To understand what bullying is and what it is not and some of the motivations behind bullying behaviours</li> <li>To understand how respect impacts on relationships</li> </ul> | <p>choice could affect a person's dreams and goals</p> <ul style="list-style-type: none"> <li>To understand that the choices I make affect my relationships, health and future</li> </ul> | <ul style="list-style-type: none"> <li>To understand the role of vaccinations and can explain differing views on this</li> <li>To summarise some key things I can do to sustain my wellbeing</li> </ul> | <ul style="list-style-type: none"> <li>To recognise when to use assertiveness in some of my relationships, to understand the personal and legal consequences of sexting, to understand what it meant by consent</li> <li>To summarise behaviours and attitudes that could make a relationship healthy or unhealthy and can explain what discernment is</li> </ul> | <p>family relationships and effective parenting, to identify some of the roles and responsibilities of being a parent</p> <ul style="list-style-type: none"> <li>To know that the media can have a positive or negative impact on a person's self-esteem or body image, to know where to go for help if I am worried about my body image or self-esteem</li> <li>To know some of the changes in my brain during puberty, to understand some of the emotional changes during puberty, to know where to access support if I am worried about adolescence</li> <li>To summarise the potential impact of changes in puberty on how I feel and suggest ways to cope with the changes</li> </ul> |
|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Year 8

| Autumn One                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Autumn Two                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Spring One                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Spring Two                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Summer One                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Summer Two                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Being me in my world<br/>12-13</p> <ul style="list-style-type: none"> <li>To appreciate that identities are complex and can change</li> <li>To understand about collective and individual identities and cultural diversity</li> <li>To define what stereotypes are</li> <li>To understand that first impressions can lead to judgements that may be misinformed</li> <li>To understand that there is a range of beliefs within any community and I can recognise the beliefs I hold as important to me</li> <li>To understand how to identify influences and</li> </ul> | <p>Celebrating difference<br/>12-13</p> <ul style="list-style-type: none"> <li>To recognise the challenges faced by individuals when trying to make positive change, to give examples of individuals who have made a positive contribution despite prejudice and discrimination</li> <li>To give examples of social injustice in the UK I can describe what inequality means in the UK</li> <li>To give examples of social injustice</li> <li>To define what is and what is not bullying, to give examples of LGBT bullying, to describe the steps that can be taken to challenge LGBT bullying</li> </ul> | <p>Dream and Goals<br/>12-13</p> <ul style="list-style-type: none"> <li>To know what some of my long- term goals are, how I can achieve them, and how my shortand medium-term goals might help me do that, to identify the careers that interest me and the skills I need to develop and how these can be linked to short-term and long-term goals</li> <li>To understand some of the positive and negative roles that money can play in society</li> <li>To describe how my activity online can be both positive and negative</li> </ul> | <p>Healthy me<br/>12-13</p> <ul style="list-style-type: none"> <li>To describe the actions that can be taken to support good physical health, to list some factors that help ensure good health in the longer term, to list the factors that can impact negatively on dental health, to describe the steps that can be taken to keep teeth and gums healthy</li> <li>To understand how health can be affected by emotions and know a range of ways to keep myself well and happy, to recognise when I feel stressed and the triggers associated with this</li> </ul> | <p>Relationships<br/>12-13</p> <ul style="list-style-type: none"> <li>To understand that relationships affect everything we do in our lives and that relationship skills have to be learned and practised, to understand that social media can both positively and negatively affect how I feel about myself</li> <li>To understand that relationships can cause strong feelings and emotions, to understand the features of positive and stable relationships, to understand that all relationships have positive and less positive aspects</li> </ul> | <p>Changing me<br/>12-13</p> <ul style="list-style-type: none"> <li>To know different types of close, intimate relationships that people can have, to know what happens physically when individuals experience physical attraction, to know how to discuss the positive aspects of a range of different types of personal relationships that adults may have and the possible impact on children</li> <li>To understand the positive aspects of having a girlfriend or boyfriend, to describe some of the behaviours you would expect to find in a healthy romantic relationship</li> </ul> |

|                                                          |                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| differences and use these positively in my relationships | <ul style="list-style-type: none"> <li>To make a positive contribution to my community, to recognise that the choices I make will impact on my ability to develop my self-confidence and integrity</li> <li>To understand how respect and equality, or the lack of these, affects relationships I know I can make a difference (self-efficacy)</li> </ul> | <ul style="list-style-type: none"> <li>To explain why it is important to keep track of spending</li> <li>To can explain why it is important to keep track of spending, to understand the variations in income across the world</li> <li>To understand that choices I make now can affect my future, to know that gambling can become addictive and tell you some of the warning signs</li> </ul> | <ul style="list-style-type: none"> <li>To know about different substances and the effects they have on the body and why some people use them</li> <li>To understand what the law says about substance use and possession, to describe some of the links between substances and exploitation of young people</li> <li>To understand the role of medicines and can explain differing views on this</li> <li>To summarise some key things I can do to sustain my health and happiness in the face of stress, to show I understand how and when the influence of others could be harmful to my health and happiness</li> </ul> | <ul style="list-style-type: none"> <li>To define what is meant by personal space and how this varies across my relationships both online and offline, to discuss how personal space differs across different cultures</li> <li>To understand what is meant by control, power balance and coercion in a relationship</li> <li>To understand how to use social media appropriately, safely and legally, to give examples of how personal safety can be compromised online</li> <li>To summarise the differences between a healthy, positive relationship and a coercive one</li> </ul> | <ul style="list-style-type: none"> <li>To understand the range of feelings associated with attraction, to know where to get information to safely explore feelings about sexuality</li> <li>To know that pornographic images do not reflect reality, to know how pornography can impact on expectations and self-image</li> <li>To list some risks associated with drinking too much alcohol, including unprotected sex, non-consensual sex, to know what the law says in relation to sex and alcohol, to discuss the steps someone could take if they had engaged in risky sexual behaviour as a result of drinking too much alcohol</li> <li>To summarise behaviours and attitudes that could make a relationship healthy or unhealthy, to explain some risks associated with pornography or alcohol use in relation to relationships</li> </ul> |
|----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Year 9

| Autumn One                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Autumn Two                                                                                                                                                                                                                                                                                                                                                                                                                           | Spring One                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Spring Two                                                                                                                                                                                                                                                                                                                                                                                         | Summer One                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Summer Two                                                                                                                                                                                                                                                                                                                                                                                                                         |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Being me in my world<br/>13-14</p> <ul style="list-style-type: none"> <li>To understand that different people have different expectations of intimate relationships and know how to access support if worried about a relationship issue</li> <li>To explain peer approval and how it can cause problems</li> <li>To suggest links between risky behaviour choices and the influence of social groups</li> <li>To identify differences between myself and others in my social groups</li> </ul> | <p>Celebrating difference<br/>13-14</p> <ul style="list-style-type: none"> <li>To give examples of different types of prejudice and discrimination, to explain how the Equality Act has protected characteristics and why these are important, to distinguish between 'banter' and sexist, LGBT-phobic and racist language I know where to report bullying I understand the legal consequences of bullying and hate crime</li> </ul> | <p>Dream and Goals<br/>13-14</p> <ul style="list-style-type: none"> <li>To identify my personal strengths, to identify some health goals I would like to achieve</li> <li>To produce a SMART plan and know how to apply it to support my life and learning</li> <li>To be able to accept helpful feedback and reject unhelpful criticism</li> <li>To know the difference between mental health and mental ill-health, to consider factors that can contribute to</li> </ul> | <p>Healthy me<br/>13-14</p> <ul style="list-style-type: none"> <li>To know that the majority of people my age make healthy lifestyle choices, to understand that there are misperceptions about the health choices of people my age</li> <li>To understand the physical and emotional effects of alcohol and how it can affect decision-making, to know what the law says about alcohol</li> </ul> | <p>Relationships<br/>13-14</p> <ul style="list-style-type: none"> <li>To recognise when others might try to use their power to control, coerce and manipulate in an intimate relationship, to understand the features of positive, stable, intimate relationships</li> <li>To understand that I have a choice in many situations, including when I want to say no, to know and can use some assertiveness skills to help me manage a range of circumstances, to understand</li> </ul> | <p>Changing me<br/>13-14</p> <ul style="list-style-type: none"> <li>To know that my mental health can be affected by different situations and experiences, to know about some common mental health issues, to challenge stigma about mental health issues, to know where to access support if I am worried about my mental health</li> <li>To know that change can trigger a range of emotional responses, to know that</li> </ul> |

|                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• To explain the links between having a positive selfidentity and healthy intimate relationships</li> <li>• To understand how the choices I make can be linked to my selfidentity and self-esteem, and how this can affect my health and relationships</li> </ul> | <ul style="list-style-type: none"> <li>• To explain why some people can display sexist and ageist behaviour I understand the complexities associated with gender identity, to challenge my own and others' attitudes towards difference in relation to sexism, ageism and gender identity</li> <li>• To identify positive and negative language and can recognise my own language style</li> <li>• To understand that there are different types of bullying (verbal, physical, online) I know what to do if I encounter bullying, to give examples of workplace bullying</li> <li>• To understand about protected characteristics and how everyone has the responsibility to challenge discrimination, to understand that there are some inequalities in the world</li> <li>• To understand how prejudice, discrimination and bullying can arise and how these can affect mental health</li> </ul> | <p>a person's mental ill health, to know how to access support if I am worried about a mental health issue</p> <ul style="list-style-type: none"> <li>• To an understand how media manipulation can be involved in a person's mental ill-health, to understand how and why some media is manipulated, to consider how self-esteem can be affected by the media positively and negatively I know where to access help if worried about a mental health concern</li> <li>• To understand my own mental health and how to recognise signs of mental ill-health in myself and others</li> </ul> | <ul style="list-style-type: none"> <li>• To understand the physical and emotional effects of certain substances and how they can affect decision-making, to know some facts about drug classification and what the law says about possession and supply of drugs</li> <li>• To know about the recovery position and how to contact emergency services, to know what to do in an emergency situation involving substances</li> <li>• To understand some of the physiological and psychological effects of substance misuse and the impact of illegal substances on society and individuals</li> <li>• To summarise some of the risks associated with substance use and the laws relating to these, to express why some people choose to use different substances and my own thinking relating to such choices.</li> </ul> | <p>that consent is a vital feature of a sexual relationship, to know about sex and the law</p> <ul style="list-style-type: none"> <li>• To understand that pornography and some media images give a false impression of sex and sexual relationships, to challenge stereotypical ideas of 'ideal' males and females, to know about sex and the law as applied to online and social media</li> <li>• To know about the different contraception methods available, to know that contraception is important for sexual health as well as preventing a pregnancy, to know that communication and negotiation about contraception use is important, to understand that information and facts are vital in making an informed choice about contraception if and when needed, to know how to access advice and information about sexual health, to know about sex and the law</li> <li>• To understand that there are consequences if I choose to have unprotected sex, to know about different sexually transmitted infections, to know about sexual health clinics and how to access help and support if I have unprotected sex</li> <li>• To consider the risks and consequences of becoming sexually active</li> </ul> | <p>some changes can be more difficult to manage than others, to know that going through change can develop resilience</p> <ul style="list-style-type: none"> <li>• To know that sleep is important for psychological and physical reasons, to know that sleep is important for my mental health, to know that sleep is important for learning</li> <li>• To understand what resilience means, to understand how resilience can be developed</li> <li>• To reflect on the changes that my body and brain have undergone since starting puberty, to consider the changes yet to come and how to manage these, to know where to access support if I am worried about an aspect of change in my life</li> <li>• To summarise how different types of change can affect mental health and know some strategies to stay resilient</li> </ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|