# My PSHE Journey













**Your KS3** journey begins **YEAR** 

Self-image, puberty, conception to birth, physical attraction, self-esteem

Coping positively with change

> Changing Me

Building positive, healthy relationships

Mental health, grief, power and control, online safety

Relationships



Being Me

Who am I and how do I fit in

the world?

Goals, rights, affect of actions, rewards and consequences, democracy



### Celebrating Difference

Respect for similarity and difference. Anti-bullying and being unique

What is 'normal', difference, power



### Dreams & Goals

Aspirations, how to achieve goals and understanding the emotions that go with this

Learning strengths, motivation, admiration



O

Healthy Me!

Being and keeping safe and healthy

Responsibility, drugs, exploitation, gangs, mental health, managing stress



**YEAR** 

qualities, online safety

· Self-

image,

looking

after

yourself,

being a

Coping

teenager

positively

Coping

positively

with change

Baby growth,

internal and

external body

stereotypes

changes,

Building

positive,

with change

conception,





Being and keeping safe and healthy

Smoking, alcohol, first aid, body image relationship with

Being Me

Who am I and

how do I fit in

the world?

### Dreams & Goals



Money, jobs motivation, sponsorship

Aspirations, how to achieve goals and understanding the emotions that go with

Celebrating

Difference

Respect for similarity

assumptions, uniqueness

and difference. Anti-

bullying and being

Judgement,

unique

### Celebrating Difference



Respect for similarity and difference. Antibullying and being unique

Dreams &

Goals

Aspirations, how to

achieve goals and

understanding the

emotions that go with

Reflection, achieving,

disappointment

Cultural differences, racism, rumours, bullying

### Being Me

Healthy

Me

Healthy Me!

Friendship

smoking,

pressure

Being Me

groups, roles,

alcohol, peer

Being and

keeping

safe and

healthy



Who am I and how do I fit in the world?

> Personal goals, rights and responsibilities, citizenship

### YEAR

Coping Dosit with change

Female

cycle, personality

## Building

### positive, healthy relationships



Jealousy, love and loss, memories, girlfriends and boyfriends, appreciation

### YEAR

### Dreams & Goals



Aspirations, how to achieve goals and understandin g the emotions that go

with this Respect, ambition, manage frustration, share success

### Celebrating Difference



Respect for difference. Anti-bullying and being

unique

how do I fit in the world?

> Family, calming techniques, bullying, appropriate words and compliments

## Healthy Me

Positive attitude,

democracy, rewards

and consequences

community,



keeping safe and healthy

Fitness, choices, drug use, anxiety, safety, respecting



points of view

recognise worth rules/feelings responsible choices

Who am I and



responsibility, negotiation, asking for help, empathy, friendship groups

# My PSHE Journey













Aspirations, how to achieve goals understanding the emotions that go with this

Dreams & Goals

Being and keeping safe and healthy



Intimate relationships, gender diversity and sexuality, LGBTQ+

Healthy Me



Relationships



Changing Me

Post 16

**Destinations** 

Professional H & C Routes

Respect for similarity and difference. Antibullying and being

unique

Mental

Coping positively

with change

health, sleep, resilience

Celebrating Difference



Being Me

Who am I and how do I fit in the world?

YEAR 11

Changing Me

Coping positively with change

Relationships

Building positive, healthy relationships



YEAR

Me,

Being Me



Who am I and how do I fit in the world?

Celebrating Difference



Respect for similarity and difference. Antibullying and being unique

Dreams & Goals



Aspirations, how to achieve goals and understanding the emotions that go with this

Healthy

YEAR

9

keeping safe and healthy

Being and

Physical and Mental Health, types of illnesses, substance use O Healthy Me!

Relationships

Building positive, nealthy relationships

> Power, assertiveness, contraception



Healthy Me



Being and keeping safe and healthy

Alcohol, substances including smoking, lifesaving skills

Dreams & Goals



Aspirations, how to achieve goals and understanding the bullying and being emotions that go with this unique

Personal strength, Planning, dreams, Mental health and illness

Celebrating Difference



Respect for similarity and difference. Anti-

Equality, understanding difference, discrimination Being Me



Who am I and how do I fit in the world?

> Peer approval, social risks, consent

Coping positively with change

> Alcohol risks, Physical attraction, sexuality

Coping positively with change

Changing body, having a baby, media influence, hormones



YEAR

Being Me



Who am I and how do I fit in the world?

Identity, family, stereotypes, first impression, faiths and beliefs

Celebratina Difference



Respect for similarity and difference. Antibullying and being unique

Prejudice, discrimination, inequality, LGBTQ+ Dreams & Goals



Role of money, short/ medium and long term goals

Aspirations, how to achieve goals and understanding the emotions that go with this

Healthy Me

Physical health

of stress, substance

including dental, triggers



misuse

Being and keeping safe and healthy



YEAR

Relationships healthy relationships Social media

Building positive,

impact, positive and stable relationships, control and coercion

Relationships Building positive, healthy relationships

Positive qualities, support, conflict. discernment, assertiveness



Healthy Me



Being and keeping safe and healthy

Anxiety, stress, substances, healthy lifestyle choices, medicine. immunisations

Dreams & Goals



Aspirations, how to achieve goals and understanding the emotions that go with this

Skills, employment, coping strategies, responsible choices

Celebrating Difference



Respect for similarity and difference. Antibullying and being unique

Prejudice and discrimination, attitudes and values. stereotypes, discrimination, bullying



Who am I and how do I fit in the world?

Identity, peer pressure, online image, positive on and offline relationships