

## PSHCE Long Term Overview (2yr KS3)

Key Theme	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
<b>KS3 Year A</b>  <a href="#">Unit overviews</a>	<b>Drugs + alcohol</b> <ul style="list-style-type: none"> <li>Alcohol and drug misuse</li> <li>Pressures relating to drug use</li> <li>Energy drinks</li> <li>Safe use of medications</li> </ul> <b>Personal safety</b> <ul style="list-style-type: none"> <li>Personal safety strategies</li> <li>Emergency responses</li> <li>Basic First Aid</li> </ul>	<b>Community + careers</b> <ul style="list-style-type: none"> <li>Equality of opportunity in careers and life choices</li> <li>Different types and patterns of work</li> <li>Challenging stereotypes</li> </ul> <b>Setting goals</b> Identifying <b>learning strengths</b> and <b>setting goals</b> as part of the <b>GCSE options</b> process	<b>Discrimination</b> <ul style="list-style-type: none"> <li>Discrimination in all its forms: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</li> <li>Bullying - including cyber bullying</li> </ul> <b>Citizenship</b> - human rights and precious liberties in UK - are they the same around the world? - who protects human rights	<b>Emotional wellbeing</b> <ul style="list-style-type: none"> <li>Mental health + emotional wellbeing</li> <li>Body image</li> <li>Coping strategies</li> <li>Puberty - managing changes</li> <li>Personal Hygiene</li> </ul>	<b>Identity + relationships</b> <ul style="list-style-type: none"> <li>Gender identity</li> <li>Sexual orientation</li> <li>Consent</li> <li>'sexting'</li> <li>Responding to unwanted contact</li> <li>FGM</li> <li>Self-worth, positive relationships</li> <li>Romantic relationships + expectations (+ on-line)</li> </ul>	<b>Digital literacy</b> <ul style="list-style-type: none"> <li>Online safety, digital literacy, media reliability, and gambling hooks</li> </ul> <b>Citizenship</b> - about the development of the political system of democratic government in UK - about the operation of Parliament, elections, parties
<b>KS3 Year B</b>  <a href="#">Unit overviews</a>	<b>Peer influence, substance use and gangs</b> <ul style="list-style-type: none"> <li>Healthy and unhealthy friendship</li> <li>Assertiveness</li> <li>Substance misuse</li> <li>Gang exploitation</li> </ul> <b>Citizenship</b> - the nature of the justice system, including the role of the police & operation of courts	<b>Employability skills</b> <ul style="list-style-type: none"> <li>Employment rights and responsibilities</li> <li>Skills for enterprise and employability</li> <li>Managing 'personal brand' online</li> <li>Life on-line concerns</li> </ul> <b>Setting goals</b> Identifying <b>learning strengths</b> and <b>setting goals</b> as part of the <b>GCSE options</b> process	<b>Respectful relationships</b> <ul style="list-style-type: none"> <li>Types of families + parenting</li> <li>Conflict resolution</li> <li>Managing relationship changes</li> <li>Tackling homophobia</li> </ul> <b>Citizenship</b> - human rights and precious liberties in UK - are they the same around the world? - who protects human rights	<b>Healthy lifestyle</b> <ul style="list-style-type: none"> <li>Relationship links between physical + mental health</li> <li>Diet, exercise, lifestyle balance</li> <li>Responsibility for own health</li> <li>First aid</li> </ul>	<b>Intimate relationships</b> <ul style="list-style-type: none"> <li>Readiness for intimacy</li> <li>Myths + misconceptions</li> <li>Consent</li> <li>Contraception + the risks of STIs</li> <li>Attitudes to pornography</li> <li>Assertive communication</li> </ul>	<b>Financial decision making</b> <ul style="list-style-type: none"> <li>Saving, spending and budgeting money</li> <li>Ethical practices</li> <li>Consumerism</li> <li>Managing risk-taking behaviours</li> <li>Risks of gambling</li> </ul> <b>Citizenship</b> - the function of money, importance of budgeting/managing risk