

## PSHE Coverage

	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
KS3 Coverage over cycle	<p>Self-identity, belonging, understanding influences, handling peer pressure, and online safety.</p> <p>Family expectations, community roles, digital footprint, and self-image.</p> <p>Marriage and the law.</p> <p>Peer friendships vs. conflict, managing relationships, and online identity. Consequences of online behaviour and online safety. Perception and misperception.</p>	<p>Prejudice, discrimination, and respect for differences; learning assertiveness.</p> <p>Social justice, multiculturalism, and stereotypes.</p> <p>Protected characteristics, equality, and tackling hate crimes in schools.</p> <p>Bullying, inclusion and exclusion. Inc. Anne Frank and Malala. LGBTQ+</p>	<p>Goal setting, resilience, and learning from setbacks.</p> <p>Short-term and long-term goal planning, financial awareness.</p> <p>Planning for the future, career exploration, and employability skills.</p> <p>Exploitation.</p> <p>Money matters weekly costs, gambling and debt.</p>	<p>Stress management, emotional well-being, and nutrition.</p> <p>Physical health, substance risks, and personal safety.</p> <p>Mental health, sleep, healthy lifestyle habits, and protecting physical health. Smoking, vaping, illegal drugs and county lines. Emergency situations and life-saving.</p>	<p>Consent, healthy relationships, and peer influences.</p> <p>Privacy, personal space, pressures in relationships, and setting personal boundaries. Social media.</p> <p>Positive and negative relationships, relationship power dynamics, and peer influence.</p> <p>Assertiveness.</p> <p>Attraction, pornography, sex and the law.</p>	<p>Puberty, body changes, and self-esteem. Babies and pregnancy. Parenting skills.</p> <p>Managing relationships, body image, and handling social media influence.</p> <p>Self-image, mental health challenges, and resilience in handling change.</p>
Year 10	<p>Focus on personal identity, human rights, and the transition to adulthood. Topics include understanding rights, safety, managing expectations, and building self-worth.</p>	<p>Explores equality, diversity, and social justice, covering topics like hidden disabilities, fair pay, and respect.</p> <p>Religions and celebrating diversity. Organ / blood donation.</p>	<p>Emphasizes future planning, resilience, and skills for the workplace, including managing finances and setting career goals. Gambling support.</p>	<p>Addresses mental and physical health, nutrition, and substance misuse, with specific information on disease prevention and personal safety.</p>	<p>Develops understanding of intimate relationships, consent, and respect.</p> <p>Includes discussions on coercion, relationship balance, and handling peer pressure.</p>	<p>Covers physical and emotional transitions to adulthood, including puberty, reproductive health, and managing change in relationships.</p> <p>Topics include body image, mental well-being, and resilience.</p>
Year 11	<p>Focuses on the challenges and responsibilities of adulthood, understanding personal identity, human rights, and making informed choices. Topics include managing expectations, navigating safety and risk, and developing self-worth.</p>		<p>Covers career planning, resilience in overcoming challenges, managing finances, and exploring future employment opportunities.</p>	<p>Addresses mental and physical health topics, including disease prevention, managing stress, and substance misuse awareness.</p>	<p>Discusses intimate relationships, consent, respect, and the impact of healthy and unhealthy relationship dynamics.</p> <p>Topics include managing peer pressure and respecting boundaries.</p>	