

# KS3 PSHE Curriculum

Ready for ks4

- 25. Relationships
  - Stress & family relationships
  - Family breakdowns
  - Resilience



- 24. Wellbeing
  - Social media
  - Mental health
  - Eating disorders
  - Resilience
  - Positivity and happiness

- 23. Keeping safe
  - Gambling
  - Knife crime

- 22. Alcohol
  - Alcohol use
  - Addiction

Year 9

19. Citizenship

18. Careers

- 20. Relationships
  - Intimate relationships
  - Consent and Bad relationships
  - Misogyny

- 21. Relationships and sex
  - Sex and the media
  - FGM
  - Online relationships
  - Contraception and STIs
  - Abortion
  - Teen Parents

- 17. Keeping safe
  - County lines
  - Gang crime

16. Citizenship

- 15. Relationships
  - Marriage
  - Forming positive relationships
  - How do I know if I'm ready for sex

14. Citizenship

- 13. Mental health
  - Mental and emotional wellbeing
  - Resilience
  - Dealing with loss



- 12. Keeping safe
  - The Online World



- 8. Healthy lifestyle
  - Hygiene

Year 8

- 9. Drugs
  - The law
  - Unhealthy behaviour
  - Healthy lifestyles

11. Careers

- 10. Safety
  - Road safety
  - First aid

- 7. Mental health and wellbeing
  - Managing our emotions



- 6. Sex education
  - Healthy relationships
  - Puberty
  - Periods and the menopause

- 3. Safety
  - Inside the home
  - Outside the home
  - Online safety
  - Peer pressure and consent

1. Citizenship

Year 7

- 5. Relationships
  - Bullying
  - Diversity and equality
  - Healthy relationships

- 4. Smoking and alcohol
  - Alcohol- it's effects on the body
  - Smoking

2. Careers

