**PRSHE – LONG TERM OVERVIEW - KS3**

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|  | **Autumn 1** |  **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **7** |  | **HEALTH AND WELLBEING**TransitionDeveloping goal setting, organisational skills and self-awareness | **RESPECTFUL RELATIONSHIPS, INCL. FRIENDSHIPS**Healthy and respectful relationships and conflict resolution, including online;Managing social influence, peer pressure and peer approval; strategies to manage peer pressure | **ONLINE AND MEDIA**How information and data is collected and shared online.Rights, responsibilities andopportunities online including equality, diversity and bullying online | **HEALTH AND WELLBEING**Healthy lifestyles including balanced diets, exercise, screen time, sleep and dental hygiene | **FINANCIAL EDUCATION**Attitudes and ideas about spending, saving and giving money, wants and needs and keeping money safe | **MENTAL AND EMOTIONAL WELLBEING**Tackling Homelessness |
| **FAMILIES**Different types of stable relationships which can contribute to human happiness |
| **HEALTH AND WELLBEING**Changing adolescent body, puberty and menstrual wellbeing | **MENTAL AND EMOTIONAL WELLBEING**Managing loss, grief and bereavement | **CAREERS**Teamwork and enterprise skills and raising aspirations | **CAREERS**Developing skills and aspirations | **HEALTH AND PREVENTION**Risks and effects of alcohol and smoking |
| **CAREERS**Developing skills and aspirations | **CAREERS**Equality of opportunity in careers and life choices. Different types and patterns of work | **FAITH, RESPECT AND TOLERANCE**Diversity, prejudice and bullying.Visit to a faith place | **CAREERS**Teamwork and enterprise skills and raising aspirations |
| **8** |  | **HEALTH AND WELLBEING**TransitionDeveloping goal setting, organisational skills and self-awareness | **ONLINE AND MEDIA**Online risks including consent and sharing material.Misinformation, disinformation, and cybercrime | **HEALTH AND WELLBEING**Maintaining a healthy lifestyle and links between an inactive lifestyle and ill health. | **RESPECTFUL RELATIONSHIPS, INCL. FRIENDSHIPS**Characteristics and positive aspects of healthy one-to-one relationships | **FAITH, RESPECT AND TOLERANCE**Stereotypes, prejudice and discrimination, promoting diversity and equality. | **FINANCIAL EDUCATION**Saving, borrowing, budgeting and making financial choices |
| **HEALTH AND PREVENTION**Immunisations, vaccinations, and allergies |
| **HEALTH AND WELLBEING**Facts about reproductive health and fertility | **HEALTH AND PREVENTION**Concepts of basic first aid and emergency services incl. CPR and defibrillator use | **FAMILIES**Marriage, legal status, rights and protections | **CAREERS**Developing skills and aspirations | **CAREERS**Equality of opportunity in careers and life choices. Different types and patterns of work |
| **CAREERS** | **CAREERS**Teamwork and enterprise skills and raising aspirations | **CAREERS**Teamwork and enterprise skills and raising aspirations |
| **FAITH, RESPECT AND TOLERANCE**Visit to a faith place |
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| **9** |  | **MENTAL WELLBEING**Developing goal-setting, analytical skills, resilience and decision -making skills  | **FAMILIES**Determining whetherpeople are trustworthy and safeInfluence and impact of drugs, gangs, role models and the media | **ONLINE AND MEDIA**How to manage peer pressure about films and online viewing.Impact of viewing sexually explicit material including pornography | **ONLINE AND MEDIA**Online safety, digital literacy, media reliability, influences related to gambling. | **INTIMATE RELATIONSHIPS**Characteristics of healthy intimate relationships and how the choices we make in relationships can impact our health | **INTIMATE RELATIONSHIPS**Relationship boundaries and consent in intimate situations |
| **HEALTH AND PREVENTION**Maintaining a healthy lifestyle, weight loss, fad diets | **RESPECTFUL RELATIONSHIPS, INCL. FRIENDSHIPS**Rights and responsibilitiesregarding equality, diversity and tackling prejudice. | **HEALTH AND PREVENTION**Consequences of vaping, including on health, environment, and legal impact. | **HEALTH AND PREVENTION**Concepts and laws regarding FGM. | **FINANCIAL EDUCATION**Evaluating value for money; debt, loans, interest; |
| **CAREERS**Developing skills and aspirations | **CAREERS**Developing skills and aspirations | **MENTAL AND EMOTIONAL WELLBEING**Managing social influence and emotional wellbeing including body image and healthy coping strategies  | **CAREERS**Equality of opportunity in careers and life choices.  | **CAREERS**Different types and patterns of work | **CAREERS**Different types and patterns of work |
| **FAITH, RESPECT AND TOLERANCE**Discrimination in all its forms, including racism, religious discrimination, disability, sexism, homophobia, biphobia and transphobia. |
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