Logo, company name

Description automatically generated**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**  Transition  Developing 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 and  opportunities 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**  Transition  Developing 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 whether  people are trustworthy and safe  Influence 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 responsibilities  regarding 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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