



ABINGDON

KS3 PSHCE

YEAR GROUP/PATHWAY: KS3		SUBJECT AREA: PSHCE		
	Year 7	Year 8	Year 9	
Autumn	Being me in my world/Celebrating difference	Being me in my world/Celebrating difference	Being me in my world/Celebrating difference	
Knowledge	<p>Core</p> <ul style="list-style-type: none"> ● Big Question: How do I fit into the world I live in? <p>Exploring identity in relation to the outside world. Understanding how the world impacts identity.</p> <ul style="list-style-type: none"> ● Big Question: Do we need to feel 'the same as' to belong? <p>Understanding difference and celebrating diversity. How to be responsible for valuing individuality.</p>	<p>Core:</p> <ul style="list-style-type: none"> ● Big Question: Can I choose how I fit into the world? ● Big Question: How different are we really? 	<p>Core:</p> <ul style="list-style-type: none"> ● Big Question: To what extent does the world I live in affect my identity? ● Big Question: Is being different a good thing? 	
Skills/purpose	<p>Core:</p> <p><i>Identity – what makes a person? Is fitting in more important than being unique? Influences/peer pressure That happiness is linked to being connected with others Maintaining positive relationships with people who are different to me Online identity and relationships Challenging prejudice and discrimination Protected characteristics Assertiveness Role of a</i></p>	<p>Core:</p> <p><i>How have I changed? Planning for the year ahead Family, what does that mean to me? Different types of committed stable relationships Does my family influence me? Active listening Stereotyping (in families) What do I choose to 'hear' about myself? Faith and beliefs Cultural diversity</i></p>	<p>Core:</p> <p>Personal identity and intimate relationships Peer approval Social media Self-identity Perceptions/misperceptions e.g. sexual exploitation, grooming, risk within sexual relationships, consent, risky experimentation Sexism and homophobia Perception of others</p>	



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	<p><i>bystander Stereotypes Bullying Assertiveness Relationship skills</i></p>	<p><i>Recognising similarities Prejudice and discrimination Protected characteristics Social injustice and inequality Hate crime Making a positive contribution to community Making a difference and links to wellbeing Blood and organ donation</i></p>	<p>Positive and negative language, banter and verbal bullying Types of bullying Recognising prejudice Stereotyping</p>
<p>Vocabulary</p>	<p>Goals, Worries, Fears, Value, Welcome, Choice, Rights, Community, Education, Wants, Needs, Empathy, Comparison, Opportunities, Choices, Behaviour, Rights and Responsibilities, Rewards, Consequences, Empathise, Learning Obstacles, Cooperation, Collaboration, Legal, Illegal, Lawful, Laws, Collaboration, Participation, Motivation, Democracy, Decision, Proud. Normal, Ability, Disability, Visual impairment, Empathy, Perception, Medication, Vision, Blind, Male, Female, Diversity, Transgender, Gender diversity, Courage, Fairness, Rights and Responsibilities, Power struggle, Imbalance, Control, Harassment, Bullying, Direct and Indirect, Argument, Recipient, Para Olympian, Achievement, Accolade, Disability, Sport, Perseverance, Admiration, Stamina, Celebration, Difference, Conflict.</p>	<p>Personal responsibility Substances Exploitation County Lines/Gangs Managing stress</p> <p>Goals, Worries, Fears, Value, Welcome, Choice, Rights, Community, Education, Wants, Needs, Empathy, Comparison, Opportunities, Choices, Behaviour, Rights and Responsibilities, Rewards, Consequences, Empathise, Learning Obstacles, Cooperation, Collaboration, Legal, Illegal, Lawful, Laws, Collaboration, Participation, Motivation, Democracy, Decision, Proud. Normal, Ability, Disability, Visual impairment, Empathy, Perception, Medication, Vision, Blind, Male, Female, Diversity, Transgender, Gender diversity, Courage, Fairness, Rights and Responsibilities, Power struggle, Imbalance, Control, Harassment, Bullying, Direct and Indirect, Argument, Recipient, Para Olympian, Achievement, Accolade, Disability, Sport, Perseverance,</p>	<p>Goals, Worries, Fears, Value, Welcome, Choice, Rights, Community, Education, Wants, Needs, Empathy, Comparison, Opportunities, Choices, Behaviour, Rights and Responsibilities, Rewards, Consequences, Empathise, Learning Obstacles, Cooperation, Collaboration, Legal, Illegal, Lawful, Laws, Collaboration, Participation, Motivation, Democracy, Decision, Proud. Normal, Ability, Disability, Visual impairment, Empathy, Perception, Medication, Vision, Blind, Male, Female, Diversity, Transgender, Gender diversity, Courage, Fairness, Rights and Responsibilities, Power struggle, Imbalance, Control, Harassment, Bullying, Direct and Indirect, Argument, Recipient, Para Olympian, Achievement, Accolade, Disability, Sport, Perseverance, Admiration, Stamina, Celebration, Difference, Conflict.</p>



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		Admiration, Stamina, Celebration, Difference, Conflict.	
Spring	Dreams and goals/healthy me	Dreams and goals/ healthy me	Dreams and goals/healthy me
Knowledge and purpose	<p>Core: Big Question: Can my choices affect my dreams and goals?</p> <p>Big Question: To what extent am I responsible for my mental and physical health?</p>	<p>Core: Big Question: Can the choices I make now influence my future?</p> <p>Big Question: Can I become more responsible for my health and happiness?</p>	<p>Core: Big Question: Who do I dream of becoming?</p> <p>Big Question: How can substances impact on wellbeing?</p>
Skills/purpose	<p>Core:</p> <ul style="list-style-type: none"> Identifying personal dreams and goals Skills for the 21st century workplace Steps to achievement Managing set-backs Basic first aid in emergency situations Responsible choices and keeping safe e.g. gang culture, knife crime, coercion and exploitation, drugs and alcohol. Recognising and describing emotions Strategies for positivity Managing stress Link between mental health and activity Taking responsibility for health Substances and their effects Nutrition Vaccinations Sleep 	<p>Core:</p> <ul style="list-style-type: none"> Short-, medium- and long-term goals Resilience Employability skills Career choices My online 'footprint' Budgeting Debt Gambling inc links to mental health Positive/negative role of money in society inc links to mental health Taking personal responsibility for health Stress triggers 	<p>Core:</p> <ul style="list-style-type: none"> Personal strengths and weaknesses SMART planning Mental health and body image & self-esteem; Recognising mental ill-health self-harm & suicide, eating disorders, depression, anxiety pressure (peep, online, media) Maintaining mental health. Accessing mental health support What does the media say about teenagers? Dental health Alcohol and decision making Drugs and decision making Emergency first-aid Substances and mental health



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		<p>Managing stress</p> <p>Substances and their effects Drug supply and possession</p> <p>County lines/exploitation/gang culture</p> <p>Role of medicines and vaccines</p> <p>Dental health</p>	
<p>Vocabulary</p>	<p>Dreams, Hopes, Goals, Learning strengths, Stretch, Achievement, Personal, Realistic, Unrealistic, Success criteria, Learning steps, Money, Global, Issue, Suffering, Concern, Hardship, Empathy, Motivation, Admire, Respect, Praise, Compliment, Contribution, Recognition. Responsibility, Choice, Immunisation, Prevention, Drugs, Effects, Motivation, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile, substances, Synthetic highs, New psychoactive substances, Exploited, Vulnerable, Criminal, Illegal, Gangs, Gang pressure, Strategies, Reputation, Anti-social behaviour, Crime, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers, Strategies, Managing stress, Pressure.</p>	<p>Dreams, Hopes, Goals, Learning strengths, Stretch, Achievement, Personal, Realistic, Unrealistic, Success criteria, Learning steps, Money, Global, Issue, Suffering, Concern, Hardship, Empathy, Motivation, Admire, Respect, Praise, Compliment, Contribution, Recognition. Responsibility, Choice, Immunisation, Prevention, Drugs, Effects, Motivation, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile, substances, Synthetic highs, New psychoactive substances, Exploited, Vulnerable, Criminal, Illegal, Gangs, Gang pressure, Strategies, Reputation, Anti-social behaviour, Crime, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers, Strategies, Managing stress, Pressure.</p>	<p>Dreams, Hopes, Goals, Learning strengths, Stretch, Achievement, Personal, Realistic, Unrealistic, Success criteria, Learning steps, Money, Global, Issue, Suffering, Concern, Hardship, Empathy, Motivation, Admire, Respect, Praise, Compliment, Contribution, Recognition. Responsibility, Choice, Immunisation, Prevention, Drugs, Effects, Motivation, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile, substances, Synthetic highs, New psychoactive substances, Exploited, Vulnerable, Criminal, Illegal, Gangs, Gang pressure, Strategies, Reputation, Anti-social behaviour, Crime, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers, Strategies, Managing stress, Pressure.</p>



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Outdoor Learning suggestions	Knife crime guest speaker	Knife crime guest speaker	Knife crime guest speaker
Summer	Relationships/healthy me	Relationships/healthy me	Relationships/healthy me
Knowledge	<p>Core:</p> <p>Big Question: What can make a relationship healthy or unhealthy?</p> <p>Big Question: What changes are happening to prepare me for adulthood?</p>	<p>Core:</p> <p>Big Question: Because I'm worth it...or am I?</p> <p>Big Question: What factors can make an intimate relationship happy and healthy?</p>	<p>Core:</p> <p>Big Question: Is choice important within intimate relationships?</p> <p>Big Question: How can change affect mental health?</p>
Skills/Purpose	<p>Core:</p> <p><i>Identifying my relationships</i></p> <p><i>Values and qualities in healthy relationships</i></p> <p><i>Relationship change</i></p> <p><i>Managing my responses to keep my relationships healthy and safe</i></p> <p><i>Discernment</i></p> <p><i>Media portrayal of relationships</i></p> <p><i>Assertiveness</i></p> <p><i>Sexting</i></p> <p><i>Rights and responsibilities (including consent)</i></p> <p><i>Puberty and body development (Re-cap from primary)</i></p> <p><i>Conception and childbirth (Re-cap from primary)</i></p> <p><i>Choices with pregnancy (IVF, surrogacy, contraception)</i></p> <p><i>Different types of parenting and families</i></p> <p><i>Self and body-image</i></p> <p><i>FGM, breast ironing</i></p> <p><i>Brain changes in adolescence</i></p> <p><i>Emotional changes in adolescence</i></p>	<p>Core:</p> <p>Relationship with self</p> <p>Negative self-thoughts</p> <p>Body-image including online and in media</p> <p>Competing relationships and how to manage these demands</p> <p>Personal space inc online</p> <p>Media portrayal of relationships</p> <p>Media manipulation</p> <p>Components of positive relationships</p> <p>Personal space</p> <p>Social media and online safety</p> <p>Illegal aspects of social media</p> <p>Recognising negative relationships and skills to manage them</p> <p>Boyfriends and girlfriends</p> <p>Different types of committed stable and loving relationships/partnerships</p> <p>Positive aspects of healthy intimate relationships</p> <p>Negative factors that can make an intimate relationship unhealthy e.g. power and control/STIs</p>	<p>Core:</p> <p><i>Power and control in relationships</i></p> <p><i>Consent and assertiveness</i></p> <p><i>Contraception</i></p> <p><i>Sexually Transmitted Infections</i></p> <p><i>Am I normal?</i></p> <p><i>Common concerns around adolescence</i></p> <p><i>Changing perceptions and opinions</i></p> <p><i>Mental health</i></p> <p><i>Common mental health issues</i></p> <p><i>Skills for change and 'pressure'</i></p> <p><i>Adapting to change</i></p> <p><i>Self-reflection and evaluation</i></p> <p><i>Transition (to next year group)</i></p> <p><i>Sleep</i></p>



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		Choosing to 'come out' Pornography Alcohol and relationships Accessing support	
Vocabulary	Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Support, Selfharm, Emotions, Feelings, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Acceptance, Bereavement, Coping strategies, Power, Control, Authority, Bullying, Scripts, Assertive Strategies, Risks, Pressure, Influences, Self-control, Real/Fake, True/untrue, Assertiveness, Judgement, Communication, Technology, Cyberbullying, Abuse, Safety. Self-image, Self-esteem, Real, self, Celebrity, Opportunities, Freedoms, Responsibilities, Puberty, Pregnancy, Embryo, Foetus, Placenta, Umbilical cord, Labour, Contractions, Cervix, Midwife, Attraction, Relationship, Pressure, Love, Sexting, Self-esteem, Negative body-talk, Choice, Feelings/emotions, Challenge, Mental health, Transition, Secondary, Looking forward, Journey, Worries, Anxiety Hopes, Excitement.	Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Support, Selfharm, Emotions, Feelings, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Acceptance, Bereavement, Coping strategies, Power, Control, Authority, Bullying, Scripts, Assertive Strategies, Risks, Pressure, Influences, Self-control, Real/Fake, True/untrue, Assertiveness, Judgement, Communication, Technology, Cyberbullying, Abuse, Safety. Self-image, Self-esteem, Real, self, Celebrity, Opportunities, Freedoms, Responsibilities, Puberty, Pregnancy, Embryo, Foetus, Placenta, Umbilical cord, Labour, Contractions, Cervix, Midwife, Attraction, Relationship, Pressure, Love, Sexting, Self-esteem, Negative body-talk, Choice, Feelings/emotions, Challenge, Mental health, Transition, Secondary, Looking forward, Journey, Worries, Anxiety Hopes, Excitement.	Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Support, Selfharm, Emotions, Feelings, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Acceptance, Bereavement, Coping strategies, Power, Control, Authority, Bullying, Scripts, Assertive Strategies, Risks, Pressure, Influences, Self-control, Real/Fake, True/untrue, Assertiveness, Judgement, Communication, Technology, Cyberbullying, Abuse, Safety. Self-image, Self-esteem, Real, self, Celebrity, Opportunities, Freedoms, Responsibilities, Puberty, Pregnancy, Embryo, Foetus, Placenta, Umbilical cord, Labour, Contractions, Cervix, Midwife, Attraction, Relationship, Pressure, Love, Sexting, Self-esteem, Negative body-talk, Choice, Feelings/emotions, Challenge, Mental health, Transition, Secondary, Looking forward, Journey, Worries, Anxiety Hopes, Excitement.