



KS3 Curriculum Overview - PSHE

Your child will learn about the wider world, develop their knowledge, skills and understanding of how to stay safe and healthy during each half term.

Term	Year 9
Autumn	<ul style="list-style-type: none"> • Healthy lifestyles • Understanding the impact of lack of sleep on the body • Mental/emotional wellbeing • How alcohol impacts the body • The different types of relationships • Families and Marriage
Spring	<ul style="list-style-type: none"> • Healthy/Unhealthy intimate relationships • Threats to relationships e.g bullying/bystanders • Professional relationships • Contraception • Sexually transmitted infections • Equality
Summer	<ul style="list-style-type: none"> • The impact of physical / emotional abuse. • The impact of financial / domestic abuse. • Online safety • Sextortion - how to keep safe online. • Online distortion of body image.

Through the study of PSHE your child will be expected to develop the following knowledge, skills and understanding:

Staying Safe - Support & Talk

- Knowing **when to** seek support for themselves or others in order to keep healthy and safe, and being able to **discuss** this confidently.

Accessing Support for Self & Others

- Knowing **how to** access support for themselves or direct others in order to keep healthy and safe.

Parents can support their child by encouraging active participation within lesson, and by reinforcing at home how to stay healthy and safe.