

PHSE in Key Stage 3

Core themes: *Health and Wellbeing, Relationships and Living in the Wider World.*

It is not enough to simply teach pupils about key issues; rather, it is vital that they are able to explore their attitudes, values and beliefs, along with the opportunity to develop the skills, language and strategies necessary to manage these issues should they encounter them in their lives.

Topics that are looked at in detail are **Human Rights and Global Responsibilities, Keeping Safe** (*Run Hide Tell, Peer Pressure, Alcohol and Drugs, Fraud*), **British Values**, and **Politics, Economics and Employment**. Additionally, pupils follow a well-planned and appropriate curriculum of **Sexual and Relationships Education (SRE)**.

Year 7 SRE

Topic 1: Gender

Key concepts that are explored: *Stereotyping; Equity and Equality; Socially constructed characteristics of different genders; The continuum approach to measuring gender characteristics of maleness and femaleness; The Genderbread Person; Gender, CIS-Gender and Trans-Gender; Gender Identity; Gender Expression; Sexual Orientation; LGBTQIA+*

Topic 2: Puberty

Key concepts that are explored: *How puberty affects the brain and why this causes emotional change and mood swings; Naming intimate body parts; Physical changes that take place in boys during puberty; Physical changes that take place in girls during puberty; Using pads and tampons*

Year 8 SRE

Topic 1: Consequences and Good Health

Key concepts that are explored: *Recognising that healthy lifestyles and wellbeing of self and others, depends on information, understanding, and making good choices; Identifying where and how to find helpful and advice and support.*

Topic 2: Respect

Key concepts that are explored: *Building healthy relationships that work (identifying key elements of healthy relationships, and key elements of toxic and unhealthy relationships); Consent; Trust; Sexting; Legal implications and expectations; Being safe and making good choices.*