



Kingsthorpe College PSHE Programme of Study 2023-2024



KEY STAGE THREE						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Mental Wellbeing	Internet Safety and money matters	Careers	Our changing adolescent body	Healthy lifestyle and relationships	Drugs, alcohol, tobacco and being safe
Year 7	L1: Transition to secondary school L2: Dealing with change L3: Thriving in secondary school L4: Goal setting L5: How do we talk about our emotions? L6: Unhelpful thoughts L7: An introduction to Mental Health	L1: Different types of bullying L2: Take care of your digital self L3: Positive use of social media L4: Dangers of social media L5: Prejudice based language L6: Personal values and privacy L7: Recognising your money personality	Awaiting input from Mike Hobbs	L1: Personal Hygiene L2: Physical and emotional changes L3: People, periods and products L4: Myths and taboos about menstruation L5: Puberty and body change	L1: Friendships L2: Healthy relationships L3: Unhealthy relationships L4: Peer Pressure L5: FGM L6: The benefits of Sleep	L1: Firework Safety L2: Personal safety and first aid L3: CPR L4: Addiction L5: Legal and illegal drugs L6: Knife Free L7: Domestic abuse First aid training to be provided by BHF at some point this term.
Year 8	L1: Mindfulness L2: Different types of mental health L3: Mental wellbeing concerns. L4: Help for our mental health. L5: Coping with change L6: The impact that media and social media can have on our mental health	L1: Digital footprint L2: Harmful behaviour online L3: Online gaming L4: Send me a pic 1 L5: Send me a pic 2 L6: Send me a pic 3 L7: Value for money – budgeting for the future		L1: Taking responsibility for physical health L2: Access to health services L3: The physical and mental changes of puberty L4: Consent L5: Contraception	L1: Positive and healthy relationships L2: Communication L3: Celebrating diversity L4: Marriage and civil partnership L5: Forced marriage L6: Sexuality	L1: Different drugs and their effects L2: Dangers of alcohol L3: Consequences of addiction L4: Smoking and vaping L5: Crime, law and punishment L6: First aid L7: Personal safety



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	L7: the difference between biological sex, gender identity and sexual orientation					First aid training to be provided by BHF at some point this term.
Year 9	L1: Different types of mental health L2: Healthy coping strategies L3: Unhealthy coping strategies L4: Benefits of physical exercise L5: Eating a balanced diet L6: Peer support and peer pressure L7: Digital Resilience	L1: Extremism L2: Radicalisation L3: Abusive behaviours L4: Being targeted L5: Online consent L6: Next steps in your financial journey L7: Dealing with financial dilemmas		L1: Assessing Risk L2: Increased responsibility for health L3: Lifestyle choices L4: Pregnancy L5: Testicular health	L1: The danger of stereotypes L2: Safer Sex - STI's L3 – Preventing STI's L4 – Alcohol, drugs and sex L5 – The portrayal of sex in the media L6: Gangs L7: Child Sexual Exploitation (NSCC this term? 4 lessons or a drop down day?)	L1: Exploring attitudes L2: Drugs, the law and managing risk L3: Drugs and their effects L4: Managing influence L5: Serious and organised crime L6: Valuing diversity L7: What is honour based violence? How can I get support?
KEY STAGE FOUR						
	Emotional and mental health and wellbeing.	Finance, money matters	Careers	Families and healthy lifestyle	Intimate relationships	Drugs, alcohol, tobacco and being safe
Year 10	L1: Transition to KS4 L2: Managing strong emotions L3: Signs of emotional ill health L4: Support for mental health	L1: Pay and deductions L2: Budgeting L3: Saving money L4: Not just flirting L5: Gambling – how can we manage risk?		L1: Modern Families L2: Implications of parenthood L3: Impact of bereavement L4: Tattoos and piercings L5: Living sustainably	L1: Healthy and unhealthy relationships L2: Ending an intimate relationship L3: Relationship abuse L4: Conflict management L5: Harassment and stalking	L1: Substance use and assessing risk L2: Substance use and managing influence L3: Help seeking and sources of support L4: Binge drinking L5: Personal safety



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	L5: Promoting emotional wellbeing L6: Homelessness awareness L7: Living independently:	L6: Gambling – how can we manage impulses? L7: Gambling – sources of support			L6: Community Cohesion L7: Revenge porn	L6: Why do people become extremists? L7: Hate crime
Year 11	L1: Perseverance L2: Building self-esteem L3: Coping with stress L4: Growth mindset L5: Revision – target setting L6: Revision - Study skills L7: Revision – Time management	L1: Credit, debit cards and fraud L2: Credit ratings L3: Money Laundering L4: Economy – what influences my decisions L5: Economy – How can I make informed decisions? L6: Economy – why do my decisions matter? L7: Economy – saving, borrowing and protecting my money.		L1: Family Diversity L2: Impact of divorce L3: Healthy family relationships L4: Fertility and reproductive health L5: First aid First aid training to be provided by BHF at some point this term.	L1: identifying unhealthy relationships L2: Managing unwanted attention L3: Reducing inappropriate behaviour L4: Safe sex and chem sex L5: Fertility and reproductive health L6: Sexism and gender prejudice L7: Body shaming	
KEY STAGE FIVE						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Healthy lifestyles	Safety and finance in everyday life	Careers	Forming and maintaining healthy relationships	Identity	Future choices and pathways
Year 12	L1: Body Image L2: Mental health disorders L3: Eating disorders L4: The media and relationships L5: Coping with anxiety	L1: Driver safety L2: E-safety and social media L3: First aid L4: Knife crime L5: Prevent L6: Self-Defence		L1: Healthy relationships L2: Building relationships L3: Healthy sexual relationships:	L1: Free speech L2: Hate speech L3: Feminism L4: Feminism 2 L5: Social Justice L6: Critical Thinking L7: Social Justice	L1: Resilience L2: Setting realistic goals L3: Self-awareness L4: The importance of personal presentation L5: Computer literacy



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	L6: Self-identity L7: Healthy coping mechanisms	First aid training to be provided by BHF at some point this term. Driver safety talk from NSRA at some point this term so only 6 lessons.		L4: Honour based violence L5: FGM		UCAS launch with A Mellor at some point this term so only 5 lessons.
Year 13	L1: Personal Health L2: Health Services L3: Stress L4: Gambling L5: County lines L6: Online safety L7: Mindfulness strategies for mental health (yoga?)	L1: Alcohol abuse L2: Drugs, festivals and parties L3: Class C drugs L4: Money management L5: Tax and insurance L6: Interest and debt Driver safety talk from NSRA at some point this term so only 6 lessons.		L1: Dangers of dating L2: Dangers of dating 2 L3: Domestic Abuse L4: Safe sex and chem sex L5: Sexual assault	L1: Cultural appropriation L2: Ageism L3: Online subcultures and extremism L4: Tolerating intolerance L5: Critical thinking and fake news L6: Climate change L7: Work ethic and motivation	

Opt out lesson