

## Key Stage 3 and 4 Curriculum Personal Development

Content will be updated at the start of each term. For further details on the PHSCE curriculum, please contact [d.price@stretfordgrammar.com](mailto:d.price@stretfordgrammar.com)

Term	Year 7	Year 8	Year 9	Year 10	Year 11
<b>Autumn Term 1</b>	<b>Being Ourselves</b>  PSHE Intro & Ground Rules Positive Relationships Gender Stereotypes Online Friendships Consent Introduction Puberty	<b>Drugs and Alcohol</b>  PSHE Intro & Ground Rules Alcohol 1 Alcohol 2 Smoking 1 Smoking 2 Vaping 1 Vaping 2	<b>Stress Management</b>  PSHE Intro & Ground Rules Bullying & Cyberbullying Online Stress Online Safety 1- Trust Online Safety 2 - Propaganda Online Safety - Contact	<b>Mental Health</b>  Welcome to GCSE Motivation & Organisation Reframing Negative Thinking	<b>Building for the Future</b>  PSHE Intro & Ground Rules Consent and Harassment
<b>Autumn Term 2</b>	<b>Staying Safe Online and Offline</b>  Avoiding Gangs & Criminal Behaviour Staying Safe Online Online Gaming, Grooming & Addiction Alcohol & Risk Nicotine & Smoking E-Cigs, Vaping and Shisha Energy Drinks and Caffeine Knife Crime & Safety	<b>Health and Wellbeing</b>  Health and Wellbeing What is Mental Health? Positive Body Image Child Abuse Types of Bullying Healthy Eating & Cholesterol Stress Management UNIT Quiz	<b>Living in the Wider World – Careers</b>  Understanding the Workplace Jobs and Opportunities Standard Occupation Classifications Business Structures Work and Organisational Structures Diversity, Equality & Stereotyping Enterprise & Employability Skills UNIT Quiz	<b>Rights and Responsibilities – Life Beyond School</b>  Instagram & TikTok Generation Targeted Advertising and Your Data What is Marriage Rights & Responsibilities Consumer Rights Employment Rights Exploring a Payslip	<b>Adult Health &amp; Looking After Yourself</b>  Teenage Pregnancy Choices Abortion Laws, Morals and Ethics Parenthood for Teenagers Testicular & Prostrate Cancer Breast Cancer, Cervical Cancer & Screening Love and Abuse
<b>Spring Term 1</b>	<b>RSE – Friends, Respect &amp; Relationships</b>  Consent & Boundaries Respect & Relationships What Makes a Good Friend? Friendships & Online Relationships Being Positive Pressure, Influence & Friends What Does it Mean to be a Man today?	<b>LBS – Careers</b>  Careers & Aspirations Labour Market Information Exploring Careers Making Decisions Qualifications & Pathways Qualities & Skills Revisited	<b>LBS – Essential Life Skills</b>  From Failure Comes Success Assertiveness Saving & Managing Money Labour Market Information Finance, Budgeting & Employment Social Media & Online Stress Choosing Options at GCSE	<b>Exploring British Values</b>  Critical Thing & Fake News Hate Crime in the UK British Values & Identity Mutual Respect & Tolerance Individual Liberty What are Human Rights? Democracy Explored	<b>RSE – Sexual Health</b>  Peer on Peer Abuse Alcohol, Parties & Bad Choices Importance of Sexual Health Revisiting STIs
<b>Spring Term 2</b>	<b>CDE – Celebrating Difference</b>  Multicultural Britain Breaking Down Stereotypes Learning Disabilities Prejudice and Discrimination Challenging Islamophobia	<b>Equality &amp; Diversity</b>  Equality Act 2010 LGBTQ+ What is it Gender Equality Removing the Barriers – Equality for All Racism & Discrimination in Society	<b>Health &amp; Wellbeing – Body Confidence</b>  Self-Esteem Changes Bullying in all it's Forms Dealing With Grief and Loss Media and Airbrushing Cancer Prevention and Healthy Lifestyles	<b>Exploring World Issues</b>  International Organisations Peace, War and Conflict Human Rights During War Aid and Supporting Other Countries Striking and Trade Unionism Women's Rights and Equality Fair Trade and Free Trade	<b>Work Force Preparation</b>  Resilience and Ambition Importance of Building Relationships Meeting Employers Recruitment Practices

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<b>Summer Term 1</b>	<b>Politics &amp; Parliament</b>  Why is Politics Important How is Our Country Run The Role of the Prime Minister The Monarchy Political Debates and Parliament Elections and Campaigning	<b>RSE – Identity &amp; Relationships</b>  Relationships and Sex Education Being Yourself and Self-Love Healthy Respectful Relationships What is Love Dealing with Conflict Periods and Menstrual Cycle Introduction to Contraception	<b>RSE – Law, Consent &amp; STIs</b>  Sexual Consent and the Law FGM and the Law Relationships and Partners What are STIs Treating STIs and the Clinic Contraception HIV and AIDS	<b>Violence, Crime &amp; Seeking Safety</b>  Honour Based Violence Forced Marriage and Breast Ironing Online Gaming and Gambling Social Media Validation Modern-Day Slavery Keeping Your Data Safe Causes of Knife Crime	<b>Work Force Preparation</b>  Apprenticeships Explored Professional Conduct
<b>Summer Term 2</b>	<b>Exploring Careers</b>  Smart Targets & Action Plans Finding Careers Information Career Management Character Traits & Skills Careers and Your Future Transition Points in Your Life	<b>Dangerous Society</b>  County Lines Substance Misuse Cyberbullying Online Grooming Alcohol Safety Child Exploitation and Online Protection	<b>Legal &amp; Illegal Drugs</b>  What is a Drug Different Types of Addiction Drugs Classifications Party Drugs and Illegal Drugs The War on Drugs Volatile Substance Abuse	<b>RSE – Risk, Relationships &amp; Sex Education</b>  Sexual Activity Campaigning Against FGM Sexting, Nudes and Images Myths and Reality - Online Pornography Pornography and Impact on Society Unhealthy Relationships, Sexual Assault and Rape Sexualisation of the Media	