

## Key Stage 3 PSHE Timeline

### Year 7

### Term 1

E-Safety			
Week	Lesson Title	Part of syllabus	Other activities
1	<b>Introduction lesson – reflections on last year, strengths and areas to improve</b>	PSHE	Welcome assembly – set expectations/praise code
2	Social media – different apps and how they are used. Evaluate the benefits and disadvantages.	PSHE	Assembly – Attendance
3	Body image on social media	PSHE	Assembly – Esafety (Clennell)
4	The effects of cyberbullying and how to tackle it	PSHE	Assembly – Cyberbullying Malicious communications talks from Northumbria Police
5	Online gaming/age ratings	PSHE	Assembly – Sum up of Northumbria police sessions
6	Online grooming	PSHE/SRE	7G Assembly – Esafety
7	How to keep safe online	PSHE	Assembly – My Teenage Brain
October Half Term			

Healthy Living			
Week	Lesson Title	Part of syllabus	Other activities
8	Keeping Healthy - Food	Health	Assembly – Bonfire night
9	What is a crash diet?	Health	British Red Cross Basic First Aid Course (Y7) Assembly – Having respect
10	Dangers of smoking (+ peer pressure)	Health/PSHE	Assembly - sum up of first aid course and appropriate uses of NHS services
11	Dangers of vaping (+ peer pressure)	Health/PSHE	Assembly - smoking
12	Basic First Aid Review/What to do in an emergency	Health	Assembly – Peer pressure
13	The importance of sleep	Health	Assembly – Being an outstanding learner
14	Personal Hygiene	Health	7J Assembly – The importance of sleep
15	Puberty	Health/PSHE	Assembly – end of term celebration/praise assembly
Christmas Holidays			

## Term 2

Diversity			
Week	Lesson	Part of syllabus	Other activities
16	How are we different?	PSHE	Martin Luther King Day Assembly
17	What is diversity?	PSHE	Assembly – Woman in STEM
18	What is racism and what is privilege?	PSHE	Assembly – Racism and diversity The Prime Agency performance - Diversity
19	What is homophobia?	PSHE	Assembly – Lunar New Year
20	What does the law say in terms of hate crimes?	PSHE	7H Assembly – LGBT History Month
21	What is immigration?	PSHE	Assembly – Antibullying (Clennell)
February Half Term			

Relationships			
Week	Lesson	Part of syllabus	Other activities
22	What do we mean by a family?	PSHE/SRE	Assembly - Friendship
23	What is a healthy relationship?	PSHE	Assembly – International Womans Day
24	How can I build connections?	PSHE	Riot Act – Antisocial behaviour Assembly – Being resilient
25	What is bullying?	PSHE	7A Assembly – Positive relationships
26	What is an unhealthy relationship?	PSHE	Assembly – end of term celebration/praise assembly
Easter Holidays			

### Term 3

Mental Health			
Week	Lesson Title	Part of Syllabus	Other activities
27	What can I do if I am worried?	Health	Assembly – Loneliness
28	How can I be positive?	Health	Assembly - Mental Health Awareness Week
29	What do we mean by 'wellbeing'?	Health	Assembly – Being positive
30	How do you keep mentally healthy?	Health	Assembly – Knowing who to talk to in school/out of school
31	Suicide – why do people do this and what are the warning signs?	Health	7S Assembly - Wellbeing
32	What is my mental health like? – A reflection	Health	Assembly – Growth mindset

May Half Term

Government and Democracy			
Week	Lesson Title	Part of Syllabus	Other activities
33	What is democracy? Why is it important?	PSHE	Assembly – Democracy
34	Why is freedom of speech important?	PSHE	Assembly – Pride Month
35	How does the justice system work?	PSHE	7C Assembly – The big three parties
36	Who are the 'Big Three' political parties?	PSHE	Assembly – New resolutions/aspirations
37	Who are the smaller political parties?	PSHE	7B Assembly – Careers
38	What are your ideals for a political party?	PSHE	Assembly – Sports day award celebration Transition days
39	Getting ready for the next stage	PSHE	Assembly – yellow week/end of year celebration assembly

Summer Holidays