

**PSHE at WHS:**

Our PSHE offer in KS3 is called 'Wellbeing' as it focusses on develop the knowledge, skills and attributes they need to keep themselves healthy and safe.

In KS4 the PSHE offer focusses on 'Life Skills' as we prepare our students for life and work in modern Britain.

**KS3**

**Autumn Term**



**Relationships, Sex, and Health Education – Knowing my mind and body.**

- **Year 7:** types of relationships and puberty.
- **Year 8:** gender identity, consent, and social media stress.
- **Year 9:** sexual harassment, and contraception.

**Relationships, Sex, and Health Education – Protecting my mind and body.**

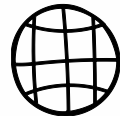
- **Year 7:** vaping, drugs, and online safety.
- **Year 8:** self-harm, diet and lifestyle, knife-crime.
- **Year 9:** health advice and services, importance of sleep, and managing anxiety.

**Spring Term**



**Living in the Wider World**

- **Year 7:** budgeting, stereotyping, and media literacy.
- **Year 8:** budgeting, prejudice, and gangs.
- **Year 9:** budgeting, sustainability, the importance of community.



**Summer Term**

**KS4**

**Autumn Term**



**Year 10 – Relationships, Sex, and Health Education**

- Healthy relationships, pregnancy, STIs, drugs, cancer self-examination.

**Year 11 – Careers and the Wider World**

- Preparing personal statements, job interviews, independent living.

**Year 10 – Living in the Wider World**

- Cost of living, hate crime, critical thinking, social media validation.

**Year 11 – Relationships, Sex, and Health Education**

- Positive relationships, parenting costs, harassment and the law.



**Year 10 – Careers: next steps**

- Post 16 options, rights and responsibilities, identifying personal strengths, choosing a path.

**Year 11 – Relationships, Sex, and Health Education**

- Health behaviours and consequences.

**Spring Term**

**Summer Term**

**Skills Development:**

- Critical thinking (identifying unhelpful 'thinking traps')
- Independent thinking
- Self-reflection
- Self-regulation
- Recognising and managing peer influence
- Strategies for identifying and accessing appropriate help and support
- Clarifying own values and re-evaluating values and beliefs
- Recalling and applying knowledge creatively and in new situations
- Developing and maintaining a healthy self-concept

