




RGS KS3 PSHE




Department Vision:


"The Rochester Grammar School PSHE aims to support students to stay safe, healthy and prepared for life's opportunities"

 Health and Well-Being		
Health: <i>Understanding healthy lifestyles.</i> Health education will be delivered through logically ordered and responsive lessons that adapt to students' needs and promote lifelong healthy habits.	Personal Safety: <i>Recognising and responding safely.</i> Personal safety will be taught through carefully planned and age-appropriate lessons that build students' ability to recognise risks, make safe choices, and seek support when needed.	Drugs & Alcohol: <i>Understanding substance risks.</i> Drugs and alcohol education will be delivered through age-appropriate lessons that build understanding of substance risks and develop strategies to resist peer influence.
 Living in the Wider World		
Finance: <i>Understanding financial matters.</i> Financial products and choices will be taught through progressive and sequenced lessons to equip them with the skills and knowledge needed to make informed decisions.	Careers: <i>Exploring future pathways.</i> Careers education will be introduced through lessons that help students explore how personal strengths, values and interests can shape future pathways and opportunities.	Respecting Self & Others: <i>Empathy, kindness and awareness.</i> Respecting self and others will be explored through lessons that promote empathy, kindness and self-awareness both online and offline.
 Relationships (RSE)		
Sex & Relationships: <i>Building positive foundations for healthy and safe relationships.</i> Complex RSE topics are taught safely and effectively, in an inclusive and age-appropriate way. Students are supported to recognise healthy and unhealthy relationships and behaviours, and seek help if they need to.	Friends & Family: <i>Forming and maintaining respectful relationships.</i> Friendship and family relationships will be taught through lessons that develop empathy, inclusion and strategies to manage conflict and bullying.	Community: <i>Recognising and celebrating difference within communities.</i> Community and responsibility will be explored through lessons that encourage students to think critically about identity, diversity, and how to challenge stereotypes and promote inclusion.

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 Health and Well-Being		
Health: <i>Understanding healthy lifestyles.</i>	Personal Safety: <i>Recognising and responding safely.</i>	Drugs & Alcohol: <i>Understanding substance risks.</i>
<p>Students explore how lifestyle choices, emotional wellbeing, and sleep habits impact their physical and mental health.</p> <ul style="list-style-type: none"> • Mental Health • Body Image & The Media • Sleep • Eye Health (Form Time) • Dental Health (Form Time) 	<p>Students develop strategies to stay safe online and offline, including managing peer pressure and understanding the risks of sharing personal content.</p> <ul style="list-style-type: none"> • Responsible Health Choices • Feelings About Sharing Nudes • World Immunisation Week (Form Time) • Blood, Organ & Stem Cell Donation (Form Time) 	<p>Students examine the health and legal consequences of substance use, challenging myths and promoting informed decision-making.</p> <ul style="list-style-type: none"> • Drugs & The Law • Alcohol & Cannabis

 Living in the Wider World		
Finance: <i>Understanding financial matters.</i>	Careers: <i>Exploring future pathways.</i>	Respecting Self & Others: <i>Empathy, kindness and awareness.</i>
<p>Students learn how to protect their money, understand consumer rights, and make ethical financial choices.</p> <ul style="list-style-type: none"> • Being Financially Savvy • Consumer Rights & Successful Businesses • Enterprise Week – Dragon's Den Project 	<p>Students identify employability skills and explore how to prepare for future job opportunities and career pathways.</p> <ul style="list-style-type: none"> • Employability • Exploring KS4 Options • Enterprise Week – Dragon's Den Project • Fortnightly Careers Spotlight (Form Time) • National Careers Week (Form Time) 	<p>Students reflect on the importance of healthy relationships, the risks of gang involvement, and the impact of knife crime.</p> <ul style="list-style-type: none"> • County Lines & Gangs • Knife Crime & The Law • Sextortion (Form Time) • Social Media Algorithms (Form Time)

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 Relationships (RSE)		
Sex & Relationships: <i>Building positive foundations for healthy and safe relationships.</i>	Friends & Family: <i>Forming and maintaining respectful relationships.</i>	Community: <i>Recognising and celebrating difference within communities.</i>
<p>Students gain knowledge about STIs, contraception, and consent, promoting safe and respectful intimate relationships.</p> <ul style="list-style-type: none"> • Healthy & Unhealthy Relationships • Consent • Sexual Health - STI's • Sexual Health - Contraception 	<p>Students explore how to manage pressures, navigate bullying, and build supportive relationships.</p> <ul style="list-style-type: none"> • Peer Pressure & Bullying • Bullying (Form Time) 	<p>Students explore the value of diversity and how communities can support wellbeing and social responsibility.</p> <ul style="list-style-type: none"> • Diverse & Supportive Communities • Dyslexia Awareness (Form Time) • Religious Festival Celebrations (Form Time) • Black History Month (Form Time) • Pride Month (Form Time)

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PSHE Curriculum Outline

Lesson Number	Topic	Lesson Title	Learning Objective	PoS Ref.	Prior Learning	Future Learning
1	HWB: Health	Mental Health	<ul style="list-style-type: none"> Recognise circumstances leading to intense emotions that may be difficult to manage Explain a range of positive strategies for managing difficult emotions Assess whom, how and why to ask for support when it's needed 	H6, H7, H8, H9, H10, H11	Managing emotions, understanding the brain, peer pressure	Mental health conditions, coping strategies, accessing mental health services
2	HWB: Health	Body Image & The Media	<ul style="list-style-type: none"> Evaluate the positive and negative impact of social media on emotional wellbeing Analyse the reasons people post and look at online images and the impact this can have on self-esteem and body image Describe strategies to promote emotional wellbeing online 	H1, H2, H3, H4, H5	Body image, personal identity, media influence	Self-esteem, media literacy, managing online pressures
3	HWB: Personal Safety	Responsible Health Choices	<ul style="list-style-type: none"> Identify different influences on decisions regarding diet and exercise Analyse why some influences might be stronger than others Evaluate which influences are more or less reliable Evaluate strategies to manage negative or less reliable influences 	H13, H14, H15, H16, H17	Healthy lifestyles, diet, exercise, sleep hygiene	Evaluating health information, long-term health planning
4	HWB: Personal Safety	Feelings About Sharing Nudes	<ul style="list-style-type: none"> Analyse different motivations behind requesting, sending and passing on nude images Identify thoughts and emotions associated with receiving unwanted images Challenge misconceptions relating to sending and receiving nude images Describe strategies to manage pressure to send 	R18, R19, R20, R21, R22, R23	Online safety, respectful relationships, consent	Legal consequences, emotional impact, digital footprint

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5	HWB: Drugs & Alcohol	Drugs & The Law	<ul style="list-style-type: none"> Explain the legal terms 'possession', 'supply' and 'intent to supply' in relation to drugs Explain the short- and long-term legal consequences of being found in possession of, using, selling or supplying different classes of drugs. 	H23, H24, H25, H26	Risks of drugs, vaping, alcohol	Legal frameworks, criminal responsibility, rehabilitation
6	HWB: Drugs & Alcohol	Alcohol & Cannabis	<ul style="list-style-type: none"> Describe some of the health risks associated with occasional and problematic substance use. Recognise and challenge myths related to cannabis use and drinking alcohol. 	H23, H24, H25, H26	Effects of substances, myths around use	Addiction, mental health links, law and consequences
7	HWB: Health	Healthier Sleep Habits	<ul style="list-style-type: none"> Explain the impact of sleep on health and wellbeing Identify factors that can reduce sleep quality Describe a range of strategies for ensuring healthier sleep patterns 	H17, H18, H19	Sleep hygiene, screen time	Mental health links, lifestyle planning, stress management
8	LWW: Money	Being Financially Savvy	<ul style="list-style-type: none"> Identify how our money can be at risk, both online and offline, as well as how we can do our best to keep it safe. Describe the different ways our money can be at risk online and offline and how we can protect our money in a variety of different situations. Explain in detail how we can avoid risk and keep our money safe. 	L15, L16, L17, L18	Economic wellbeing, budgeting, role of banks	Financial planning, credit/debt, consumer protection
9	LWW: Money	Consumer Rights & Successful Businesses	<ul style="list-style-type: none"> Identify what rights and responsibilities we have as a consumer. Explain what is meant by ethical consumerism. 	L19, L20, L21	Ethical consumerism, Fairtrade	Employment law, business ethics, sustainability
10	RSE: Friends & Family	KS4 Options – Managing Pressures	<ul style="list-style-type: none"> Explain how external influences can affect decisions about KS4 options Identify ways to manage pressure and seek support when choosing KS4 options Analyse strategies someone can use to help manage challenges and navigate setbacks relating to KS4 options 	L1, L2, L3, L4	Goal setting, careers education	Post-16 pathways, decision-making, managing transitions

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11	LWW: Careers	Careers – Employability	<ul style="list-style-type: none"> Identify what would improve or a person's employability in the eyes of employers. Describe what applicants could do to improve their chances in gaining job interviews and securing employment. 	L11, L12, L13	Careers and employability skills	CV writing, interview prep, workplace rights
12	RSE: Friends & Family	Peer Pressure & Bullying	<ul style="list-style-type: none"> Correctly identify what would improve or a person's employability in the eyes of employers. Describe what applicants could do to improve their chances in gaining job interviews and securing employment. 	R28, R29, R30, R31	Bullying, respectful relationships	Managing toxic relationships, assertiveness, safeguarding
13	RSE: Community & Responsibility	Diverse & Supportive Communities	<ul style="list-style-type: none"> Explain how a range of viewpoints, backgrounds and experiences can benefit a community Analyse the role of a community in supporting the wellbeing of people within it Describe ways that everyone can play a role or make different contributions to the communities they are part of 	R32, R33, R34	Citizenship, democracy, British values	Inclusion, community action, social justice
14	LWW: Respecting Self & Others	County Lines & Gangs	<ul style="list-style-type: none"> Differentiate between the features of healthy friendships and those associated with gang membership. Explain why the need to belong is important for young people and its significance in influencing behaviour and attitudes. Explain why some young people may want to join a gang but most do not. 	R35, R36, R37	Safety, peer pressure, belonging	Exploitation, criminal grooming, protective behaviours
15	LWW: Respecting Self & Others	Knife Crime & The Law	<ul style="list-style-type: none"> Explain and challenge the reasons why some young people may carry a knife Assess a range of consequences of carrying or using a knife Explain how young people can make the choice to be knife free 	H30, H31, H32	Rules and laws, safety	Legal consequences, restorative justice, community impact
16	Cornwall Residential Trip					



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17	RSE: Relationships	Sexual Health - STIs	<ul style="list-style-type: none">List some of the most common STIs, their symptoms and consequencesName the contraceptive methods which provide some protection against STI infection and describe where to get contraceptivesHow to access reliable sources of help to support sexual health or relating to unplanned pregnancy	R24, R25, R26	Puberty, healthy relationships	Sexual health clinics, STI prevention, long-term consequences
18	RSE: Relationships	Sexual Health - Contraception	<ul style="list-style-type: none">List some of the most common STIs, their symptoms and consequencesName the contraceptive methods which provide some protection against STI infection and describe where to get contraceptivesHow to access reliable sources of help to support sexual health or relating to unplanned pregnancy	R24, R25, R26	Relationships, puberty, body changes	Contraceptive choices, pregnancy options, NHS services
19	RSE: Relationships	Consent	<ul style="list-style-type: none">Explain what is meant by freedom and capacity to consentRecognise contexts where someone's freedom or capacity to consent have been reduced or removed, and why this means consent has no longer been givenExplain why trying to make someone more vulnerable, or misleading them, is wrong, and can be a very serious offenceExplain where, why and how to get advice and support for issues relating to consent	R13, R14, R15, R16, R17	Respectful relationships, boundaries	Legal definitions, safeguarding, healthy sexual relationships