ECSfG Personal, Social, Health, Economic Education (PSHE)

DfE: Relationships and Sex education & Physical Health and Mental Wellbeing

Enfield County School for Girls

PSHE: KS3 Three year curriculum map

Year 7

- Sustainable travel
- Community and identity
- Friendships and bullying
- Transition to secondary school
- Puberty and the changing body
- Health and body image
- Personal finance
- British values
- Marriage, civil partnerships and other relationships
- Respectful relationships
- Good learning habits
- Different types of families
- Roles and responsibilities of parents and carers
- Relationships – similarities, differences and diversity
- Identifying harmful behaviours online
- Talking about emotions
- Privacy – what not to share online
- The real-world VS the online world
- Happiness, confidence and self-esteem
- The safe and responsible use of ICT
- The link between physical and mental health

Year 9

- Safe use of prescription drugs
- Balanced diet
- Germs and bacteria
- Dental health
- Personal hygiene
- Immunisations and vaccinations
- Cohesion project
- Body image
- Building positive relationships
- Cyber crime
- Democracy
- Dealing with change
- Basic first aid
- Sleep matters
- The economy
- Bulling and cyberbullying
- Trustworthy people
- Our rights - Challenging discrimination
- Sharing of explicit images
- Sex and consent
- Emotions in relationships
- Human reproduction - pregnancy
- Sexual attraction
- Exploitation and trafficking
- Online rights, responsibilities and reputation
- Sexism, homophobia, biphobia, transphobia, racism and disablist
- Cancer prevention
- Contraception
- Peer pressure
- Respect and rights in intimate relationships
- Positive, strong and supportive relationships
- Different levels of intimacy & consequences
- Causes, triggers and coping strategies for unhealthy behaviour
- Benefits of physical activity
- Media, body image and health
- Work – Life balance
- Cyberbullying
- Legal/illegal drugs – the law
- Risks and consequences of drugs