Islington Secondary School PSHE Education Programme

Key Stage 3	Key Stage 4
Sex and Relationship Education • Changes at puberty (physical, emotional and social) • Exploring relationships • Negotiation and assertiveness in relationships, including first sex • Reproduction, conception and pregnancy • Contraception • Sexually transmitted infections and HPV/cervical cancer • HIV/AIDS • Introduction to sexual health services • Sex and the law • Exploitation and abuse, including sexual bullying • Domestic violence, and where to get help	**Sex and Relationship Education** • Sexuality, sexual relationships and making personal choices • Sexual health, recap contraception, STIs and HIV/AIDS, testicular, cervical and breast cancer • Safer sex behaviours, including effects of alcohol and drug use • Parenting, including teenage parenthood • Choices around pregnancy, including abortion • Sex and the law, recap • Sexual health services, information and access • Safe relationships (incl. links to domestic violence and exploitation of young people)
Drug Education • Smoking • Drugs and the law • Drugs: effects and risks • Resisting pressure concerning drug taking • Why people take drugs • Alcohol – effects, including on behaviour & relating to sexual health	**Drug Education** • Effects & consequences of drugs and alcohol use on health, relationships, decision-making (incl. long term) • Exploring attitudes & opinions incl. why people use drugs, influence of the media, coping with difficult situations (alternatives to drugs) • Drugs and the law – rights and responsibilities • Accessing help re smoking, drug & alcohol problems • Harm minimisation
Safety and Risk • Bullying (incl. cyber-bullying and prejudice-based bullying) • Recognising safe and unsafe situations (incl. online) • Staying safe in the community (incl. gangs, violence, knives) • Where to go for help, emergency aid	**Safety and Risk** • Basic and emergency first aid • Personal safety • Social attitudes to young people, (incl. anti-social behaviour)
Health, Emotional Health and Wellbeing • Emotions: responses and coping with change and difficult situations, asking for help, risk • Healthy Lifestyles – taking responsibility, decision-making (diet, exercise, sleep) • Food: messages, body image, eating disorders, media • Loss and bereavement • Mental health – raising awareness	**Health, Emotional Health and Wellbeing** • Healthy lifestyles, personal choice and influences • Mental health – coping with difficult times, asking for support • Conflict and change • Motivation, goals and challenges
Identity, Society and Equality • Introduction to class/school (incl. school council) • Friendship, different groups and communities • Roles, responsibilities and stereotyping • Social choices / time management / leisure choices	**Identity, Society and Equality** • Leaving home and personal responsibility • Living in a diverse community: roles and relationships • Social rights and responsibilities • Prejudice, discrimination and harassment (incl. racist, homophobic, sexual and re disability)
Financial Capability • Managing personal money – influences on saving and spending money; budgeting; choosing financial products • Developing appropriate attitudes: towards needs & wants, using money effectively, gambling • Managing risk: link to personal finance and to the economy • Social and moral dilemmas including consumer choice	**Financial Capability** • Personal finance skills – planning, getting the best deals & advice about a range of tools & services • Personal finance decisions: social, moral, ethical and environmental consequences • Exploring attitudes towards credit & debt, spending & saving, gambling • Economy & business – connections between markets, competition, price & profit; social and moral dilemmas
Work Related Learning, Enterprise and Careers Education • Personal strengths, achievements and areas for development: self-assessment & action planning • Attitudes, influences and diversity (related to learning/work) • The changing world of work and employability • Researching post-14 opportunities and making decisions • Identifying and using sources of careers info and help • Preparing for and coping with change • Enterprise – applying some employability skills	**Work Related Learning, Enterprise and Careers Ed** • Experiencing, investigating and assessing opportunities in learning & work (incl. work experience) • Identifying/setting targets and preparing for change • Self-presentation, enterprise and employability skills • Stereotyping & discrimination (related to learning/work) • Researching post-16 opportunities; using guidance, making decisions and applications