

## Key Stage 3: PSHE - Health and Well Being – Autumn Term

Key Concepts			
<b>Year 7</b>	<p style="text-align: center;"><b>Lesson 1: Using the Internet Safely and with Confidence</b></p> <p style="text-align: center;"><i>Students should be able to:</i></p> <ul style="list-style-type: none"> <li>• understand how to keep safe online</li> <li>• consider the consequences of inappropriate behaviour online</li> <li>• identify strategies to deal with inappropriate behaviour online</li> </ul>	<p style="text-align: center;"><b>Lesson 2: Puberty and Growing Up</b></p> <p style="text-align: center;"><i>Students should be able to:</i></p> <ul style="list-style-type: none"> <li>• consolidate existing knowledge about puberty</li> <li>• consider emotional and physical changes during puberty</li> <li>• understand that all teenagers develop at different times/speeds</li> </ul>	<p style="text-align: center;"><b>Lesson 3: Healthy Living</b></p> <p style="text-align: center;"><i>Students should be able to:</i></p> <ul style="list-style-type: none"> <li>• understand what ‘being healthy’ can mean</li> <li>• evaluate the importance of healthy routines in life</li> <li>• discuss the variety of food needed in the diet for a healthy lifestyle</li> </ul>
<b>Year 8</b>	<p style="text-align: center;"><b>Lesson 1: Sexual Exploitation</b></p> <p style="text-align: center;"><i>Students should be able to:</i></p> <ul style="list-style-type: none"> <li>• learn how to stay safe from sexual exploitation</li> <li>• identify features of an exploitative friendship or relationship</li> <li>• understand how to report abuse and access support</li> </ul>	<p style="text-align: center;"><b>Lesson 2: Smoking</b></p> <p style="text-align: center;"><i>Students should be able to:</i></p> <ul style="list-style-type: none"> <li>• recognise the different reasons why teenagers may smoke</li> <li>• understand the role of peer pressure in relation to smoking</li> <li>• consider the health effects associated with smoking.</li> </ul>	<p style="text-align: center;"><b>Lesson 3: Alcohol</b></p> <p style="text-align: center;"><i>Students should be able to:</i></p> <ul style="list-style-type: none"> <li>• discuss existing knowledge of alcohol</li> <li>• understand the different ways we use alcohol in society</li> <li>• demonstrate knowledge of the effects of alcohol</li> </ul>
<b>Year 9</b>	<p style="text-align: center;"><b>Lesson 1: Online Relationships</b></p> <p style="text-align: center;"><i>Students should be able to:</i></p> <ul style="list-style-type: none"> <li>• explore the role of digital technologies in romantic relationships.</li> <li>• understand risky forms of self-disclosure and their possible consequences.</li> <li>• identify strategies for avoiding sexting while enhancing positive relationships</li> </ul>	<p style="text-align: center;"><b>Lesson 2: Alcohol</b></p> <p style="text-align: center;"><i>Students should be able to:</i></p> <ul style="list-style-type: none"> <li>• clarify the risks and effects of binge drinking on behaviour and the body</li> <li>• consider the reasons why young people may take risks with alcohol</li> <li>• understand the consequences of alcohol and risk taking</li> </ul>	<p style="text-align: center;"><b>Lesson 3: Legal Highs</b></p> <p style="text-align: center;"><i>Students should be able to:</i></p> <ul style="list-style-type: none"> <li>• consider the effects of legal highs</li> <li>• discuss the risks of taking legal highs</li> <li>• understand that legal highs have no medical use</li> </ul>