



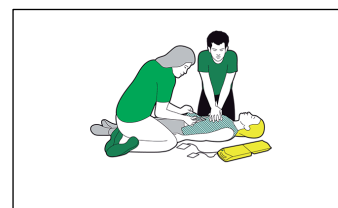
# Gordon's School PSHE + Citizenship

## Key Stage 3 - Curriculum Map



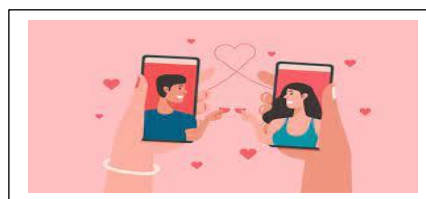
### Key Words / Skills:

Active Citizenship  
Consent  
Coping with stress  
Critical Thinking skills  
Democracy  
Emotional Intelligence  
Equality & Diversity  
Personal Responsibility  
Self-Science



### Healthy lifestyle choices

First aid skills. CPR, Choking, Head injuries with Medi team.  
Making informed and independent healthy choices.



### RSE | Intimate & respectful relationships

Romantic relationships and sex education, including consent, contraception, risk of STIs, unplanned pregnancy and attitudes to online pornography.

### Substance use & peer influence | Citizenship

Substance misuse, healthy choices & lifestyle balance. Attitudes and behaviours regarding drug use. Alcohol & cannabis – effects and risks. Drugs, the law and managing risk.

### Community | Active Citizenship | Social Action

First Give Project over 8 weeks. Empowering young people and participation in social action. Explore social issues, research charities, meet charity representatives, plan and deliver social action activities, present chosen charity to class / school final.

### Citizenship | Law and the Justice System

Knife crime, County Lines, Hate crime and bullying, role of the Magistrates Court. Gordons Values character report.

### RSE | Identity & relationships

Relationship values, sexual orientation, sexualities; introduction to consent & contraception, parenting & menstrual wellbeing.

### Health and wellbeing | Drugs & Alcohol

Alcohol and drug misuse and pressures relating to drug use (Inc. tobacco and nicotine). Dangers of vaping.

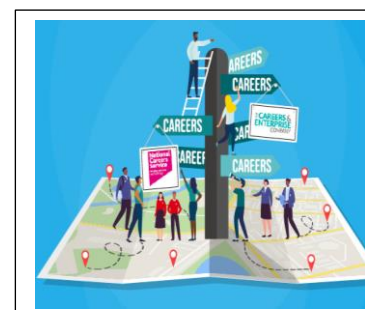
Year 9

### Developing positive mental health | Citizenship

Attitudes to mental health, promoting emotional wellbeing, , unhealthy coping strategies and healthy coping strategies. Citizenship equality and diversity, respect, tolerance, personal response. British values & Equality Act 2010.

### Employability skills | the economy & personal finance

Understanding career sectors, labour market information, exploring career pathways, equality & diversity at work.  
The influence of the economy on personal choices, making informed decisions, understanding personal influence on the economy & managing financial risk.



### Developing skills, aspirations & employability

Self-confidence, personal strengths, careers, raising aspirations, leadership, and understanding behaviour at work. Revisit learn to learn strategies



### Digital Literacy | importance & practice of budgeting & managing risk

Online safety, digital literacy, media reliability, spotting fake news, safer online relationships, & body image in a digital world. Credit vs saving, opening a bank account & personal saving habit. Dealing with financial dilemmas.

### Emotional wellbeing

British Values and the rule of law  
Mental health and emotional wellbeing, including loss & grief, managing feelings & coping strategies.

Year 8

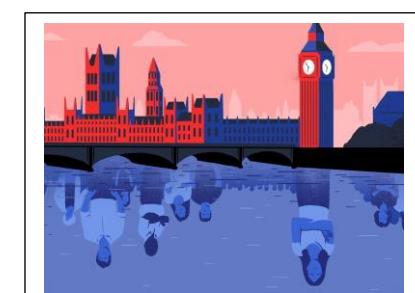
### Health | Human Rights

Human rights, responsibilities (including. Wants and needs). British values & Equality Act 2010.

Staying safe in the sun - skin cancer, sun cream and how to get help and further advice.

### Citizenship | Democracy | Functions of Parliament

Introduction to politics, different types of democracy and contrast to dictatorship. Exploring Parliament and its functions. The role MPs (MP for a day) and the PM.



### Building relationships & diversity | Safety & drugs

Recognising diversity, prejudice, and bullying. Forming positive relationships, friendships (including online) and relationship boundaries (peer pressure). British Values.

First aid and understanding drugs (including caffeine and medicines)



### Transition & Self-Science

Transition to secondary school. Introduction to PSHE and Citizenship including Character Education and Gordons Values. Looking after your mental health and wellbeing.



### RSE | Health, puberty & safety

Personal safety outside of school, healthy routines, hygiene. Deconstructing puberty and single sex discussion group. Introduction to healthy relationships and consent.

### Self Science | Learn to learn

Developing effective learning habits. Create toolkit of learning strategies to become an effective lifelong learner. To develop students who can plan, monitor and evaluate their own learning to become successful

Year 7