









Key Stage 3		Autumn	Spring	Summer
Unit Title	2023-2024	Health and Well-being 	Relationships 	Living in the wider world 
Key areas		Personal safety including lockdown procedures	Online risks	Needs and wants
Skills Focus		Aware of how to keep yourself safe including ACT - lockdown procedures (RUN, HIDE, TELL)	Consent, online safety	What are needs and wants and why are the differences important
Key vocabulary		Safe, recovery position, community, online, knife, RUN, HIDE, TELL	Safe, grooming, digital footprint	Need, wants
Links to other subjects		Citizenship, life skills, careers	Citizenship, life skills, science	Citizenship, life skills
Key Stage 3		Autumn	Spring	Summer
Unit Title	2024-2025	Health and Well-being 	Relationships 	Health and Well-being 
Key areas		Drugs	Good and toxic	Puberty and the body
Skills Focus		Awareness of the effects and laws	What makes a good friend and spotting toxic friendships	what can I expect, what's normal and why does it happen
Key vocabulary		Drugs, addicts,	Friends, good and bad, relationships, different, safe, toxic	Male, female, hormones, puberty, emotions
Links to other subjects		Citizenship, PE, ILS, Humanities	Citizenship, RE	Citizenship, life skills, Science
Key Stage 3		Autumn	Spring	Summer
Unit Title	2025-2026	Living in the wider world 	Health and Well-being 	Relationships 
Key areas		Awareness of others, rules and laws	Hygiene and the body	LGBTQA+
Skills Focus		British laws and rules, different countries	Keeping clean, washing yourself, getting changed clean clothes	Different types of relationships
Key vocabulary		Identity, personal, values	Male, female, puberty, hygiene, cleanliness, washing	Lesbian, gay, transgender, bisexual, queer
Links to other subjects		Citizenship, life skills, RE	Citizenship, life skills, Science	Citizenship, RE

PSHE at Meadowside promotes democracy, tolerance, respect and individual liberty through enable students to develop their self-knowledge, self-esteem and self-confidence; encourage students to accept responsibility for their behaviour, show initiative, and to understand how they can contribute positively to the lives of those living and working in the locality of the school and to society more widely; encourage students to accept responsibility for their behaviour; an appreciation that living under the rule of law protects individual citizens and is essential for their wellbeing and safety; encourage respect for other people and an understanding of the importance of identifying and combatting discrimination.

Ks4 & Post 16		Autumn	Spring	Summer
Unit Title	2023-2024	Health and Well-being	Relationships	Living in the wider world
Key areas		Personal safety including first aid/CPR and lockdown	Online safety and risks	Taking control of your future
Skills Focus		Knowing how to keep yourself safe including ACT - lockdown procedures (RUN, HIDE, TELL)	Consent, selfies, online safety	Personal development
Key vocabulary		Safe, recovery position, community, online, knife, RUN, HIDE, TELL	Safe, grooming, digital footprint, sexting, selfies	skills and qualities
Accreditation <small>Links to other subjects</small>		Citizenship, life skills, careers	Citizenship, life skills, science	Careers, citizenship
Ks4 & Post 16		Autumn	Spring	Summer
Unit Title	2024-2025	Health and Well-being	Living in the wider world	Relationships and Sex Education
Key areas		Illegal Drugs and the law including county lines	Rights and responsibilities	LGBTQA+
Skills Focus		Awareness of the effects and laws	What are your rights and responsibilities in your environment	Homophobia, discrimination and prejudice
Key vocabulary		Drugs, addicts, law, safety, county lines	Rights, community, environment	Lesbian, gay, transgender, queer, bi sexual, pansexual
Accreditation <small>Links to other subjects</small>		Citizenship, PE, ILS, Humanities	Citizenship, life skills	Citizenship, RE
Ks4 & Post 16		Autumn	Spring	Summer
Unit Title	2025-2026	Health and Well-being	Relationships and Sex Education	Health and Well-being
Key areas		Physical and mental health	Being safe including consent, FGM, STI's & teen pregnancy	Body image, puberty, self-esteem and peer pressure
Skills Focus		Changing our lives for the better	Issues and consequences	Perception of what our bodies should look like.
Key vocabulary		Healthy, mental & physical health, diet, exercise	Consent, sexually transmitted, pregnant	Male, female, body
Accreditation <small>Links to other subjects</small>		PE, life skills, careers, Citizenship	Citizenship, RE, geography, history	PE, Life skills

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