PSHE Association objectives - Age 11-14 (KS3)

The spiral curriculum has been designed to meet the **current** PSHE Association objectives, which integrate (but are not limited to) the DfE RSE and Health Education statutory guidance.

Core theme	Topic area	KS3 objective (11-14)	Lessons which cover this objective
Health and wellbeing	Self concept	H1. how we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing	Self-esteem and confidence
Health and wellbeing	Self concept	H2. to understand what can affect wellbeing and resilience (e.g. life changes, relationships, achievements and employment)	Self-esteem and confidence
Health and wellbeing	Self concept	H3. the impact that media and social media can have on how people think about themselves and express themselves, including regarding body image, physical and mental health	Social media and mental health
Health and wellbeing	Self concept	H4. simple strategies to help build resilience to negative opinions, judgements and comments	Self-esteem and confidence
Health and wellbeing	Self concept	H5. to recognise and manage internal and external influences on decisions which affect health and wellbeing	Self-esteem and confidence
Health and wellbeing	Mental health and emotional wellbeing	H6. how to identify and articulate a range of emotions accurately and sensitively, using appropriate vocabulary	Mental health: talking about our emotions
Health and wellbeing	Mental health and emotional wellbeing	H7. the characteristics of mental and emotional health and strategies for managing these	What is mental health?
Health and wellbeing	Mental health and emotional wellbeing	H8. the link between language and mental health stigma and develop strategies to challenge stigma and misconceptions associated with help-seeking and mental health concerns	What is mental health?Mental health: talking about our emotions
Health and wellbeing	Mental health and emotional wellbeing	H9. strategies to understand and build resilience, as well as how to respond to disappointments and setbacks	What is mental health?
Health and wellbeing	Mental health and emotional wellbeing	H10. a range of healthy coping strategies and ways to promote wellbeing and boost mood, including physical activity, participation and the value of positive relationships in providing support	Mental health: developing coping strategies
Health and wellbeing	Mental health and emotional wellbeing	H11. the causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders, and the need to seek help for themselves or others as soon as possible	Mental health: developing coping strategies
Health and wellbeing	Mental health and emotional wellbeing	H12. how to recognise when they or others need help with their mental health and wellbeing; sources of help and support and strategies for accessing what they need	Mental health: talking about our emotions
Health and wellbeing	Healthy lifestyles	H13. the importance of, and strategies for, maintaining a balance between school, work, leisure, exercise, and online activities	Healthy lifestyles: achieving balance
Health and wellbeing	Healthy lifestyles	H14. the benefits of physical activity and exercise for physical and mental health and wellbeing	Healthy lifestyles: exercising for physical and mental wellbeing
Health and wellbeing	Healthy lifestyles	H15. the importance of sleep and strategies to maintain good quality sleep	Healthy lifestyles: taking responsibility for your physical health
Health and wellbeing	Healthy lifestyles	H16. to recognise and manage what influences their choices about physical activity	Healthy lifestyles: exercising for physical and mental wellbeing
Health and wellbeing	Healthy lifestyles	H17. the role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices	Healthy lifestyles: maintaining a balanced diet
Health and wellbeing	Healthy lifestyles	H18. what might influence decisions about eating a balanced diet and strategies to manage eating choices	Healthy lifestyles: maintaining a balanced diet
Health and wellbeing	Healthy lifestyles	H19. the importance of taking increased responsibility for their own physical health including dental check-ups, sun safety and self-examination (especially testicular self-examination in late KS3); the purpose of vaccinations offered during adolescence for individuals and society	Healthy lifestyles: taking responsibility for your physical health Healthy lifestyles: health services, self examination and vaccination
Health and wellbeing	Healthy lifestyles	H20. strategies for maintaining personal hygiene, including oral health, and prevention of infection	Healthy lifestyles: taking responsibility for your physical health
Health and wellbeing	Healthy lifestyles	H21. how to access health services when appropriate	Healthy lifestyles: health services, self examination and vaccination
Health and wellbeing	Healthy lifestyles	H22. the risks and facts associated with female genital mutilation (FGM), its status as a criminal act and strategies to safely access support for themselves or others who may be at risk, or who have already been subject to FGM	Female genital mutilation (FGM): facts and risks
Health and wellbeing	Drugs, alcohol and tobacco	H23. the positive and negative uses of drugs in society including the safe use of prescribed and over the counter medicines; responsible use of antibiotics	Addictive substances: legal and illegal drugs
Health and wellbeing	Drugs, alcohol and tobacco	H24. to evaluate misconceptions, social norms and cultural values relating to drug, alcohol and tobacco use	Smoking and vaping: risks and consequences Addictive substances: alcohol Addictive substances: legal and illegal drugs
Health and wellbeing	Drugs, alcohol and tobacco	H25. strategies to manage a range of influences on drug, alcohol and tobacco use, including peers	Smoking and vaping: risks and consequences Addictive substances: alcohol Addictive substances: legal and illegal drugs
Health and wellbeing	Drugs, alcohol and tobacco	H26. information about alcohol, nicotine and other legal and illegal substances, including the short-term and long-term health risks associated with their use	Smoking and vaping: risks and consequences Addictive substances: alcohol Addictive substances: legal and illegal drugs

Health and wellbeing	Drugs, alcohol and tobacco	H27. the personal and social risks and consequences of substance use and misuse including occasional use	Smoking and vaping: risks and consequences Addictive substances: legal and illegal drugs
Health and wellbeing	Drugs, alcohol and tobacco	H28. the law relating to the supply, use and misuse of legal and illegal substances	Addictive substances: legal and illegal drugs
Health and wellbeing	Drugs, alcohol and tobacco	H29. about the concepts of dependence and addiction including awareness of help to overcome addictions	Smoking and vaping: risks and consequences Addictive substances: alcoholAddictive substances: legal and illegal drugs
Health and wellbeing	Managing risk and personal safety	H30. how to identify risk and manage personal safety in increasingly independent situations, including online	Managing risk: looking after your personal safety
Health and wellbeing	Managing risk and personal safety	H31. ways of assessing and reducing risk in relation to health, wellbeing and personal safety	Managing risk: looking after your personal safety
Health and wellbeing	Managing risk and personal safety	H32. the risks associated with gambling and recognise that chance-based transactions can carry similar risks; strategies for managing peer and other influences relating to gambling	Gambling: the facts
Health and wellbeing	Managing risk and personal safety	H33. how to get help in an emergency and perform basic first aid, including cardio-pulmonary resuscitation (CPR) and the use of defibrillators	
Health and wellbeing	Puberty and sexual health	H34. strategies to manage the physical and mental changes that are a typical part of growing up, including puberty and menstrual wellbeing	Growing up: physical and mental changes Understanding menstruation
Health and wellbeing	Puberty and sexual health	H35. about the purpose, importance and different forms of contraception; how and where to access contraception and advice (see also Relationships)	Practising safe sex
Health and wellbeing	Puberty and sexual health	H36. that certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain sexually transmitted infections (STIs)	Practising safe sex

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Relationships	Positive relationships	R1. about different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect them	What makes a healthy relationship?
Relationships	Positive relationships	R2. indicators of positive, healthy relationships and unhealthy relationships, including online	What makes a healthy relationship?
Relationships	Positive relationships	R3. about the similarities; differences and diversity among people of different race, culture, ability, sex, gender identity, age and sexual orientation.	What is diversity?
Relationships	Positive relationships	R4. the difference between biological sex, gender identity and sexual orientation	Sexuality and gender identity: an introduction
Relationships	Positive relationships	R5. to recognise that sexual attraction and sexuality are diverse	Sexuality and gender identity: an introduction
Relationships	Positive relationships	R6. that marriage is a legal, social and emotional commitment that should be entered into freely, and never forced upon someone through threat or coercion	Understanding marriage
Relationships	Positive relationships	R7. how the media portrays relationships and the potential impact of this on people's expectations of relationships	Sex, relationships, and the media
Relationships	Positive relationships	R8. that the portrayal of sex in the media and social media (including pornography) can affect people's expectations of relationships and sex	Sex, relationships, and the media
Relationships	Relationship values	R9. to clarify and develop personal values in friendships, love and sexual relationships	What makes a healthy relationship?
Relationships	Relationship values	R10. the importance of trust in relationships and the behaviours that can undermine or build trust	What makes a healthy relationship?
Relationships	Relationship values	R11. to evaluate expectations about gender roles, behaviour and intimacy within romantic relationships	Challenging gender stereotypes Consent: what is it and why is it essential?
Relationships	Relationship values	R12. that everyone has the choice to delay sex, or to enjoy intimacy without sex	Consent: what is it and why is it essential?
Relationships	Forming and maintaining respectful relationships	R13. how to safely and responsibly form, maintain and manage positive relationships, including online	What makes a healthy relationship?
Relationships	Forming and maintaining respectful relationships	R14. the qualities and behaviours they should expect and exhibit in a wide variety of positive relationships (including in school and wider society, family and friendships, including online)	What makes a healthy relationship?
Relationships	Forming and maintaining respectful relationships	R15. to further develop and rehearse the skills of team working	What is good communication?
Relationships	Forming and maintaining respectful relationships	R16. to further develop the skills of active listening, clear communication, negotiation and compromise	What is good communication?

Relationships	Forming and maintaining respectful relationships	R17. strategies to identify and reduce risk from people online that they do not already know; when and how to access help	Media literacy: staying safe online
Relationships	Forming and maintaining respectful relationships	R18. to manage the strong feelings that relationships can cause (including sexual attraction)	Relationships and conflict
Relationships	Forming and maintaining respectful relationships	R19. to develop conflict management skills and strategies to reconcile after disagreements	Relationships and conflict Overcoming conflict and finding forgiveness
Relationships	Forming and maintaining respectful relationships	R20. to manage the influence of drugs and alcohol on decision-making within relationships and social situations	Addictive substances: alcohol Addictive substances: legal and illegal drugs
Relationships	Forming and maintaining respectful relationships	R21. how to manage the breakdown of a relationship (including its digital legacy), loss and change in relationships	Relationships and conflict
Relationships	Forming and maintaining respectful relationships	R22. the effects of change, including loss, separation, divorce and bereavement; strategies for managing these and accessing support	Coping with change: bereavement, divorce and separation
Relationships	Forming and maintaining respectful relationships	R23. the services available to support healthy relationships and manage unhealthy relationships, and how to access them	What makes a healthy relationship?
Relationships	Consent	R24. that consent is freely given; that being pressurised, manipulated or coerced to agree to something is not giving consent, and how to seek help in such circumstances	Consent: what is it and why is it essential?
Relationships	Consent	R25. about the law relating to sexual consent	Consent: what is it and why is it essential?
Relationships	Consent	R26. how to seek, give, not give and withdraw consent (in all contexts, including online)	Consent: what is it and why is it essential?
Relationships	Consent	R27. that the seeker of consent is legally and morally responsible for ensuring that consent has been given; that if consent is not given or is withdrawn, that decision should always be respected	Consent: what is it and why is it essential?
Relationships	Consent	R28. to gauge readiness for sexual intimacy	Consent: what is it and why is it essential?
Relationships	Consent	R29. the impact of sharing sexual images of others without consent	Sex and consent online
Relationships	Consent	R30. how to manage any request or pressure to share an image of themselves or others, and how to get help	Sex and consent online
Relationships	Consent	R31. that intimate relationships should be pleasurable	Consent: what is it and why is it essential?
Relationships	Contraception and parenthood	R32. the communication and negotiation skills necessary for contraceptive use in healthy relationships (see also 'Health')	Practising safe sex
Relationships	Contraception and parenthood	R33. the risks related to unprotected sex	Practising safe sex
Relationships	Contraception and parenthood	R34. the consequences of unintended pregnancy, sources of support and the options available	Practising safe sex
Relationships	Contraception and parenthood	R35. the roles and responsibilities of parents, carers and children in families	Family life: parenthood and caring
Relationships	Contraception and parenthood	R36. the nature and importance of stable, long-term relationships (including marriage and civil partnerships) for family life and bringing up children	Family life: parenthood and caring

Relationships	Bullying, abuse and discrimination	R37. the characteristics of abusive behaviours, such as grooming, sexual harassment, sexual and emotional abuse, violence and exploitation; to recognise warning signs, including online; how to report abusive behaviours or access support for themselves or others	Spotting unhealthy and abusive relationships
Relationships	Bullying, abuse and discrimination	R38. to recognise bullying, and its impact, in all its forms; the skills and strategies to manage being targeted or witnessing others being bullied	Recognising and preventing bullying
Relationships	Bullying, abuse and discrimination	R39. the impact of stereotyping, prejudice and discrimination on individuals and relationships	Recognising and preventing discrimination
Relationships	Bullying, abuse and discrimination	R40. about the unacceptability of prejudice-based language and behaviour, offline and online, including sexism, homophobia, biphobia, transphobia, racism, ableism and faith-based prejudice	Recognising and preventing discrimination
Relationships	Bullying, abuse and discrimination	R41. the need to promote inclusion and challenge discrimination, and how to do so safely, including online	Recognising and preventing discrimination
Relationships	Social influences	R42. to recognise peer influence and to develop strategies for managing it, including online	Social influences: tackling peer pressure
Relationships	Social influences	R43. the role peers can play in supporting one another to resist pressure and influence, challenge harmful social norms and access appropriate support	Social influences: tackling peer pressure
Relationships	Social influences	R44. that the need for peer approval can generate feelings of pressure and lead to increased risk-taking; strategies to manage this	Social influences: tackling peer pressure
Relationships	Social influences	R60. about the factors that contribute to young people joining gangs; the social, legal and physical consequences of gang behaviours	Social influences: young people and gangs
Relationships	Social influences	R46. strategies to manage pressure to join a gang, exit strategies and how to access appropriate support	Social influences: young people and gangs
Relationships	Social influences	R47. motivations, misconceptions and consequences of carrying weapons and strategies for managing pressure to carry a weapon	Social influences: young people and gangs

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Living in the wider world	Learning skills	L1. study, organisational, research and presentation skills	What is good communication?Developing your leadership skills
Living in the wider world	Learning skills	L2. to review their strengths, interests, skills, qualities and values and how to develop them	See Careers Year Plan
Living in the wider world	Learning skills	L3. to set realistic yet ambitious targets and goals	See Careers Year Plan
Living in the wider world	Learning skills	L4. the skills and attributes that employers value	Developing your leadership skills
Living in the wider world	Learning skills	L5. the skills and qualities required to engage in enterprise	See Careers Year Plan
Living in the wider world	Learning skills	L6. the importance and benefits of being a lifelong learner	Healthy lifestyles: achieving balance
Living in the wider world	Choices and pathways	L7. about the options available to them at the end of key stage 3, sources of information, advice and support, and the skills to manage this decision-making process	See Careers Year Plan
Living in the wider world	Choices and pathways	L8. about routes into work, training and other vocational and academic opportunities, and progression routes	See Careers Year Plan
Living in the wider world	Choices and pathways	L9. the benefits of setting ambitious goals and being open to opportunities in all aspects of life	See Careers Year Plan
Living in the wider world	Choices and pathways	L10. to recognise and challenge stereotypes and family or cultural expectations that may limit aspirations	Challenging gender stereotypes
Living in the wider world	Work and career	L11. different types and patterns of work, including employment, self-employment and voluntary work; that everyone has a different pathway through life, education and work	See Careers Year Plan
Living in the wider world	Work and career	L12. about different work roles and career pathways, including clarifying their own early aspirations	See Careers Year Plan
Living in the wider world	Employment rights and responsibilities	L13. about young people's employment rights and responsibilities	See Careers Year Plan
Living in the wider world	Employment rights and responsibilities	L14. to manage emotions in relation to future employment	Healthy lifestyles: achieving balance
Living in the wider world	Financial choices	L15. to assess and manage risk in relation to financial decisions that young people might make	Financial choices: budgeting, saving, debt
Living in the wider world	Financial choices	L16. about values and attitudes relating to finance, including debt	Financial choices: budgeting, saving, debt
Living in the wider world	Financial choices	L17. to manage emotions in relation to money	Financial choices: budgeting, saving, debt
Living in the wider world	Financial choices	L18. to evaluate social and moral dilemmas about the use of money, including the influence of advertising and peers on financial decisions	Financial choices: budgeting, saving, debt

Living in the wider world	Financial choices	L19. to recognise financial exploitation in different contexts e.g. drug and money mules, online scams	Financial choices: budgeting, saving, debt
Living in the wider world	Media literacy and digital resilience	L20. that features of the internet can amplify risks and opportunities, e.g. speed and scale of information sharing, blurred public and private boundaries and a perception of anonymity	Media literacy: staying safe online
Living in the wider world	Media literacy and digital resilience	L21. to establish personal values and clear boundaries around aspects of life that they want to remain private; strategies to safely manage personal information and images online, including on social media	Media literacy: staying safe online
Living in the wider world	Media literacy and digital resilience	L22. the benefits and positive use of social media, including how it can offer opportunities to engage with a wide variety of views on different issues	Media literacy: staying safe online Social media and mental health
Living in the wider world	Media literacy and digital resilience	L23. to recognise the importance of seeking a variety of perspectives on issues and ways of assessing the evidence which supports those views	Media literacy: interpreting information online
Living in the wider world	Media literacy and digital resilience	L24. to understand how the way people present themselves online can have positive and negative impacts on them	Media literacy: staying safe online
Living in the wider world	Media literacy and digital resilience	L25. to make informed decisions about whether different media and digital content are appropriate to view and develop the skills to act on them	Media literacy: interpreting information online
Living in the wider world	Media literacy and digital resilience	L26. that on any issue there will be a range of viewpoints; to recognise the potential influence of extreme views on people's attitudes and behaviours	Media literacy: interpreting information online
Living in the wider world	Media literacy and digital resilience	L27. to respond appropriately when things go wrong online, including confidently accessing support, reporting to authorities and platforms	Media literacy: staying safe online