PSHE Association objectives - Age 16-18 (KS5)

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. skills and strategies to confidently manage transitional life phases	Acknowledging skills and assetsThe role of constructive criticism
Health and wellbeing	Self concept	H2. to recognise how idealised images of bodies and pressure to conform, can adversely affect body image and self-esteem; strategies to manage this pressure	Mental health: accessing support Acknowledging skills and assets
Health and wellbeing	Self concept	H3. to understand the issues and considerations relating to body enhancement or alteration, including long-term consequences	Body enhancement
Health and wellbeing	Mental health and emotional wellbeing	H4. to recognise signs of change in mental health and wellbeing and demonstrate a range of strategies for building and maintaining positive mental health, including managing stress and anxiety	Mental health: accessing support Acknowledging skills and assets
Health and wellbeing	Mental health and emotional wellbeing	H5. to recognise common mental health issues such as anxiety, depression, eating disorders, self-harm and compulsive behaviours [NB It is important to avoid teaching methods and resources that provide instruction	Mental health: accessing support
Health and wellbeing	Mental health and emotional wellbeing	H6. to recognise when they, or others, need support with their mental health and effective strategies to address difficulties and promote wellbeing	Mental health: accessing support
Health and wellbeing	Mental health and emotional wellbeing	H7. to analyse and evaluate support available to manage common mental health issues, and how to access the most appropriate support	Mental health: accessing support
Health and wellbeing	Healthy lifestyles	H8. to take responsibility for monitoring personal health and wellbeing, including sun safety, breast awareness and self-examination, testicular self-examination and cervical screening	Leaving home: building a healthy lifestyle
Health and wellbeing	Healthy lifestyles	H9. to consistently access reliable sources of information and evaluate media messages about health; and how to make informed decisions about health, including vaccination/immunisation'	Leaving home: building a healthy lifestyle
Health and wellbeing	Healthy lifestyles	H10. how to register with and access health services in new locations	Leaving home: building a healthy lifestyle
Health and wellbeing	Healthy lifestyles	H11. to recognise illnesses that particularly affect young adults, such as meningitis and 'freshers' flu'	Leaving home: building a healthy lifestyle
Health and wellbeing	Healthy lifestyles	H12. how to maintain a healthy diet, especially on a budget	Leaving home: building a healthy lifestyle
Health and wellbeing	Healthy lifestyles	H13. how to maintain work-life balance, including understanding the importance of continuing with regular exercise and sleep, and balancing time online	Leaving home: building a healthy lifestyle
Health and wellbeing	Managing risk and personal safety	H14. to assess and manage risk and personal safety in a wide range of contexts, including online; about support in place to safeguard them in these contexts and how to access it	Staying safe: dangerous and emergency situations
Health and wellbeing	Managing risk and personal safety	H15. to manage personal safety in relation to travel, such as cycle safety, young driver safety, passenger safety, using licensed taxis and getting home safely	Staying safe: transport and travel
Health and wellbeing	Managing risk and personal safety	H16. to travel safely around the UK and abroad; understand legal rights and responsibilities when travelling abroad, including passport, visa and insurance requirements	Staying safe: transport and travel
Health and wellbeing	Managing risk and personal safety	H17. to perform first aid and evaluate when to summon emergency services, irrespective of any potential legal implications, for example, when the situation involves alcohol, drugs, gangs or violent crime	Staying safe: dangerous and emergency situations
Health and wellbeing	Sexual health	H18. to develop a nuanced understanding of how to select appropriate contraception in different contexts and relationships	Making choices about your sexual health
Health and wellbeing	Sexual health	H19. how to reduce the risk of contracting or passing on a sexually transmitted infection (STI)	Making choices about your sexual health
Health and wellbeing	Sexual health	H20. how to take responsibility for their sexual health and know where, and how, to access local and national advice, diagnosis and treatment	Making choices about your sexual health
Health and wellbeing	Drugs, alcohol and tobacco	H21. to manage alcohol and drug use in relation to immediate and long-term health	Staying safe: alcohol and binge drinking Staying safe: recreational drugs
Health and wellbeing	Drugs, alcohol and tobacco	H22. to understand how alcohol and drug use can affect decision making and personal safety, including looking out for friends, safe travel and drink-spiking	Staying safe: alcohol and binge drinking Staying safe: recreational drugs

Health and wellbeing	Drugs, alcohol and tobacco	H23. the impact of alcohol and drug use on road safety, work-place safety, reputation and career	Staying safe: alcohol and binge drinking Staying safe: recreational drugs
Health and wellbeing	Drugs, alcohol and tobacco	H24. the risks of being a passenger with an intoxicated driver and ways to manage this	Staying safe: alcohol and binge drinking

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Relationships	Relationship values	R1. how to articulate their relationship values and to apply them in different types of relationships	Respectful relationships: values and differences
Relationships	Relationship values	R2. to recognise and challenge prejudice and discrimination and understand rights and responsibilities with regard to inclusion	Understanding inclusion Understanding cultural identity and cultural competency
Relationships	Relationship values	R3. to recognise, respect and, if appropriate, challenge the ways different faith or cultural views influence relationships	Respectful relationships: values and differences Understanding cultural identity and cultural competency
Relationships	Forming and maintaining respectful relationships	R4. to manage mature friendships, including making friends in new places	Respectful relationships: meeting new people
Relationships	Forming and maintaining respectful relationships	R5. to manage personal safety in new relationships, including online activity or when meeting someone for the first time whom they met online	Respectful relationships: meeting new people
Relationships	Forming and maintaining respectful relationships	R6. to develop and maintain healthy, pleasurable relationships and explore different levels of emotional intimacy	Respectful relationships: trust and intimacy
Relationships	Forming and maintaining respectful relationships	R7. to evaluate different degrees of emotional intimacy in relationships, the role of pleasure, how they understand the difference between 'love' and 'lust'	Respectful relationships: trust and intimacy
Relationships	Forming and maintaining respectful relationships	R8. to use constructive dialogue to support relationships and negotiate difficulties	Respectful relationships: ending relationships
Relationships	Forming and maintaining respectful relationships	R9. to manage the ending of relationships safely and respectfully, including online	Respectful relationships: ending relationships
Relationships	Forming and maintaining respectful relationships	R10. to recognise the opportunities to build meaningful relationships in the workplace and the boundaries around professional relationships	Respectful relationships: meeting new people
Relationships	Consent	R11. to understand the moral and legal responsibilities that someone seeking consent has, and the importance of respecting and protecting people's right to give, not give, or withdraw their consent (in all contexts, including online)	Consent matters
Relationships	Consent	R12. to understand the emotional, physical, social and legal consequences of failing to respect others' right not to give or to withdraw consent	Consent matters
Relationships	Consent	R13. how to recognise, and seek help in the case of, sexual abuse, exploitation, assault or rape, and the process for reporting to appropriate authorities	Consent matters
Relationships	Contraception and parenthood	R14. to understand the implications of unintended pregnancy and young parenthood; to recognise the advantages of delaying conception, whilst acknowledging the changes in fertility with age	Making choices about pregnancy and parenthood
Relationships	Contraception and parenthood	R15. to negotiate, and if necessary be able to assert, the use of contraception with a sexual partner	Making choices about your sexual health
Relationships	Contraception and parenthood	R16. how to effectively use different contraceptives, including how and where to access them	Making choices about your sexual health
Relationships	Contraception and parenthood	R17. to evaluate the most appropriate methods of contraception in different circumstances (including emergency contraception)	Making choices about your sexual health
Relationships	Contraception and parenthood	R18. to access the pathways available in the event of an unintended pregnancy and understand the importance of getting advice and support quickly	Making choices about pregnancy and parenthood
Relationships	Bullying, abuse and discrimination	R19. to recognise and manage negative influence, manipulation and persuasion in a variety of contexts, including online	Staying safe: recognising harassment and abuse
Relationships	Bullying, abuse and discrimination	R20. to recognise and manage different forms of abuse, sources of support and exit strategies for unhealthy relationships	Staying safe: recognising harassment and abuse
Relationships	Bullying, abuse and discrimination	R21. to recognise forced marriage and 'honour' based violence; to get help for themselves or others they believe to be at immediate or future risk	Understanding forced marriage
Relationships	Bullying, abuse and discrimination	R22. to understand their rights in relation to harassment (including online) and stalking, how to respond and how to access support	Staying safe: recognising harassment and abuse
Relationships	Bullying, abuse and discrimination	R23. strategies to recognise, de-escalate and exit aggressive social situations	Staying safe: exiting aggressive social situations

Relationships	Bullying, abuse and discrimination	R24. to evaluate the dangers and consequences of being involved in gangs, serious organised crime or carrying a weapon	Staying safe: exiting aggressive social situations
Relationships	Bullying, abuse and discrimination	R25. ways to celebrate cultural diversity, promote inclusion and safely challenge prejudice and discrimination	Understanding inclusion Intersectionality, marginalisation, and privilegeUnderstanding cultural identity and cultural competency

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Living in the wider world	Choices and pathways	L1. to be enterprising in life and work	See Careers Year Plan
Living in the wider world	Choices and pathways	L2. to set realistic yet ambitious career and life goals which are matched to personal values, interests, strengths and skills	See Careers Year Plan
Living in the wider world	Choices and pathways	L3. to evaluate the 'next step' options available, such as higher education, further training or apprenticeships, and gap year opportunities	See Careers Year Plan
Living in the wider world	Choices and pathways	L4. the implications of the global market for their future choices in education and employment	See Careers Year Plan
Living in the wider world	Work and career	L5. how to identify and evidence their strengths and skills when applying and interviewing for future roles and opportunities	See Careers Year Plan
Living in the wider world	Work and career	L6. how to produce a concise and compelling curriculum vitae and prepare effectively for interviews	See Careers Year Plan
Living in the wider world	Work and career	L7. how to recognise career possibilities in a global economy	See Careers Year Plan
Living in the wider world	Employment rights and responsibilities	L8. their rights and responsibilities as students in casual, part-time jobs, including in the 'gig economy'	See Careers Year Plan
Living in the wider world	Employment rights and responsibilities	L9. the importance of professional conduct and how it can be demonstrated in different workplaces including following health and safety protocols	See Careers Year Plan
Living in the wider world	Employment rights and responsibilities	L10. to understand and appreciate the importance of workplace confidentiality and security including cyber-security and data protection	See Careers Year Plan
Living in the wider world	Employment rights and responsibilities	L11. to recognise bullying and harassment in the workplace in all its forms and ways to seek or provide support to resolve the situation	See Careers Year Plan
Living in the wider world	Employment rights and responsibilities	L12. the role of trade unions and professional organisations; when and how to constructively challenge workplace behaviours	See Careers Year Plan
Living in the wider world	Financial choices	L13. how to plan expenditure and budget for changes in circumstances (e.g. when moving out or going to university)	Financial choices: working and earning
Living in the wider world	Financial choices	L14. to understand and manage salary deductions including taxation, national insurance and pensions	Financial choices: working and earning
Living in the wider world	Financial choices	L15. to evaluate savings options	Financial choices: working and earning
Living in the wider world	Financial choices	L16. to exercise consumer rights, including resolving disputes and accessing appropriate support	Staying safe: protecting your finances
Living in the wider world	Financial choices	L17. to manage financial contracts including, mobile phone services and renting items and accommodation; how to identify appropriate advice	Staying safe: protecting your finances
Living in the wider world	Financial choices	L18. to evaluate the potential gains and risks of different debt arrangements and repayment implications	Staying safe: protecting your finances
Living in the wider world	Financial choices	L19. to evaluate the risks in different financial ventures including illegal schemes e.g. illegal money transfers	Staying safe: protecting your finances
Living in the wider world	Media literacy and digital resilience	L20. to set and maintain clear boundaries around personal privacy and to manage online safety in all its forms, including seeking help when appropriate	Staying safe: setting boundaries online
Living in the wider world	Media literacy and digital resilience	L21. to effectively challenge online content that adversely affects their personal or professional reputation	Staying safe: setting boundaries online
Living in the wider world	Media literacy and digital resilience	L22. to build and maintain a positive professional online presence, using a range of technologies	Staying safe: setting boundaries online

Living in the wider world	Media literacy and digital resilience	L23. how social media can expand, limit or distort perspectives and recognise how content they create and share may contribute to, or challenge this	Understanding online misinformation
Living in the wider world	Media literacy and digital resilience	L24. to be a critical consumer of online information in all its forms, including recognising bias, propaganda and manipulation	Understanding online misinformation
Living in the wider world	Media literacy and digital resilience	L25. when and how to report or access help for themselves or others in relation to extremism and radicalisation	Understanding online misinformation