PSHE Association objectives - Age 14-16 (KS4)

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.to accurately assess their areas of strength and development, and where appropriate, act upon feedback	Planning and organising: revising effectively Recognising strengths in ourselves and other
Health and wellbeing	Self-concept	H2.how self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this	An introduction to body image
Health and wellbeing	Self-concept	H3.how different media portray idealised and artificial body shapes; how this influences body satisfaction and body image and how to critically appraise what they see and manage feelings about this	An introduction to body image
Health and wellbeing	Self-concept	H4.strategies to develop assertiveness and build resilience to peer and other influences that affect both how they think about themselves and their health and wellbeing	An introduction to body image
Health and wellbeing	Mental health and emotional wellbeing	H5.the characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people's mental health	Mental health: revisited
Health and wellbeing	Mental health and emotional wellbeing	H6.about change and its impact on mental health and wellbeing and to recognise the need for emotional support during life changes and/or difficult experiences	Mental health: revisited
Health and wellbeing	Mental health and emotional wellbeing	H7.a broad range of strategies — cognitive and practical — for promoting their own emotional wellbeing, for avoiding negative thinking and for ways of managing mental health concerns	Mental health: revisited
Health and wellbeing	Mental health and emotional wellbeing	H8.to recognise warning signs of common mental and emotional health concerns (including stress, anxiety and depression), what might trigger them and what help or treatment is available	Mental health: revisited
Health and wellbeing	Mental health and emotional wellbeing	H9.the importance of and ways to pre-empt common triggers and respond to warning signs of unhealthy coping strategies, such as self-harm and eating disorders in themselves and others	Mental health: revisited
Health and wellbeing	Mental health and emotional wellbeing	H10.how to recognise when they or others need help with their mental health and wellbeing; to explore and analyse ethical issues when peers need help; strategies and skills to provide basic support and identify and	Mental health: revisited
Health and wellbeing	Health-related choices	H11.to make informed lifestyle choices regarding sleep, diet and exercise	What is a healthy lifestyle?
Health and wellbeing	Health-related choices	H12.the benefits of having a balanced approach to spending time online	Staying safe online: misinformation and extremism
Health and wellbeing	Health-related choices	H13.to identify, evaluate and independently access reliable sources of information, advice and support for all aspects of physical and mental health	Managing our health: services and support
Health and wellbeing	Health-related choices	H14.about the health services available to people; strategies to become a confident user of the NHS and other health services; to overcome potential concerns or barriers to seeking help	Managing our health: services and support
Health and wellbeing	Health-related choices	H15.the purpose of blood, organ and stem cell donation for individuals and society	Health-related choices: blood, organ and stem cell donation
Health and wellbeing	Health-related choices	H16.how to take increased personal responsibility for maintaining and monitoring health including cancer prevention, screening and self-examination	Managing our health: services and support
Health and wellbeing	Health-related choices	H17.to assess and manage risks associated with cosmetic and aesthetic procedures, including tattooing, piercings and the use of sunbed	Managing our health: services and support Health-related choices: aesthetic procedures
Health and wellbeing	Health-related choices	H18.the ways in which industries and advertising can influence health and harmful behaviours	Staying safe online: protecting your personal data
Health and wellbeing	Drugs, alcohol and tobacco	H19.the consequences of substance use and misuse for the mental and physical health and wellbeing of individuals and their families, and the wider consequences for communities	Alcohol: risks, consequences and safety Illegal drugs: risks, consequences and support
Health and wellbeing	Drugs, alcohol and tobacco	H20.wider risks of illegal substance use for individuals, including for personal safety, career, relationships and future lifestyle	Alcohol: risks, consequences and safety Illegal drugs: risks, consequences and support
Health and wellbeing	Drugs, alcohol and tobacco	H21.to identify, manage and seek help for unhealthy behaviours, habits and addictions including smoking cessation	Substance addiction: how to seek help
Health and wellbeing	Managing risk and personal safety	H22.ways to identify risk and manage personal safety in new social settings, workplaces, and environments, including online	Managing risk: unsafe and emergency situations

Health and wellbeing	Managing risk and personal safety	H23.strategies for identifying risky and emergency situations, including online; ways to manage these and get appropriate help, including where there may be legal consequences (e.g. drugs and alcohol, violent crime	Managing risk: unsafe and emergency situations
Health and wellbeing	Managing risk and personal safety	H24.to increase confidence in performing emergency first aid and life-saving skills, including cardio-pulmonary resuscitation (CPR) and the use of defibrillators	NOT COVERED
Health and wellbeing	Managing risk and personal safety	H25.to understand and build resilience to thinking errors associated with gambling (e.g. 'gambler's fallacy') the range of gambling-related harms, and how to access support for themselves or others	Gambling: risks, consequences, and safety
Health and wellbeing	Sexual health and fertility	H26.the different types of intimacy — including online — and their potential emotional and physical consequences (both positive and negative)	Understanding consent and intimacy: offline and online
Health and wellbeing	Sexual health and fertility	H27.about specific STIs, their treatment and how to reduce the risk of transmission	Sexual health: preventing and treating STIs
Health and wellbeing	Sexual health and fertility	H28.how to respond if someone has, or may have, an STI (including ways to access sexual health services)	Sexual health: preventing and treating STIs
Health and wellbeing	Sexual health and fertility	H29.to overcome barriers, (including embarrassment, myths and misconceptions) about sexual health and the use of sexual health services	Sexual health: preventing and treating STIs
Health and wellbeing	Sexual health and fertility	H30.about healthy pregnancy and how lifestyle choices affect a developing foetus	Understanding pregnancy: your choices
Health and wellbeing	Sexual health and fertility	H31.that fertility can vary in all people, changes over time (including menopause) and can be affected by STIs and other lifestyle factors	Understanding pregnancy: your choices
Health and wellbeing	Sexual health and fertility	H32.about the possibility of miscarriage and support available to people who are not able to conceive or maintain a pregnancy	Understanding pregnancy: your choices
Health and wellbeing	Sexual health and fertility	H33.about choices and support available in the event of an unplanned pregnancy, and how to access appropriate help and advice	Understanding pregnancy: your choices

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Core theme	Topic area	KS3 objective (11-14)	Lessons which cover this objective
Relationships	Positive relationships	R1.the characteristics and benefits of strong, positive relationships, including mutual support, trust, respect and equality	The impact of relationships
Relationships	Positive relationships	R2.the role of pleasure in intimate relationships, including orgasms	Understanding consent and intimacy: offline and online
Relationships	Positive relationships	R3.to respond appropriately to indicators of unhealthy relationships, including seeking help where necessary	The impact of relationships
Relationships	Positive relationships	R4.the importance of stable, committed relationships, including the rights and protections provided within legally recognised marriages and civil partnerships and the legal status of other long-term relationships	Rights and responsibilities: marriage and civil partnerships
Relationships	Positive relationships	R5.the legal rights, responsibilities and protections provided by the Equality Act 2010	Know your rights: the Equality Act 2010
Relationships	Positive relationships	R6.about diversity in romantic and sexual attraction and developing sexuality, including sources of support and reassurance and how to access them	Sexuality and gender identity: coming out
Relationships	Positive relationships	R7.strategies to access reliable, accurate and appropriate advice and support with relationships, and to assist others to access it when needed	The impact of relationships
Relationships	Positive relationships	R8.to understand the potential impact of the portrayal of sex in pornography and other media, including on sexual attitudes, expectations and behaviours	Understanding pornography
Relationships	Relationship values	R9.to recognise, clarify and if necessary challenge their own values and understand how their values influence their decisions, goals and behaviours	Navigating conflict in relationships Taking others' perspectives
Relationships	Relationship values	R10.to understand a variety of faith and cultural practices and beliefs concerning relationships and sexual activity; to respect the role these might play in relationship values	Navigating conflict in relationships
Relationships	Relationship values	R11.strategies to manage the strong emotions associated with the different stages of relationships	Navigating conflict in relationships
Relationships	Relationship values	R12.to safely and responsibly manage changes in personal relationships including the ending of relationships	Navigating conflict in relationships
Relationships	Relationship values	R13.ways to manage grief about changing relationships including the impact of separation, divorce and bereavement; sources of support and how to access them	Navigating conflict in relationships Changing relationships: managing your feelings
Relationships	Relationship values	R14.the opportunities and potential risks of establishing and conducting relationships online, and strategies to manage the risks	Understanding consent and intimacy: offline and online
Relationships	Relationship values	R15.the legal and ethical responsibilities people have in relation to online aspects of relationships	Understanding consent and intimacy: offline and online

Relationships	Relationship values	R16.to recognise unwanted attention (such as harassment and stalking including online), ways to respond and how to seek help	Understanding consent and intimacy: offline and online
Relationships	Relationship values	R17.ways to access information and support for relationships including those experiencing difficulties	The impact of relationships
Relationships	Consent	R18.about the concept of consent in maturing relationships	Understanding consent and intimacy: offline and online
Relationships	Consent	R19.about the impact of attitudes towards sexual assault and to challenge victim-blaming, including when abuse occurs online	Understanding consent and intimacy: offline and online
Relationships	Consent	R20.to recognise the impact of drugs and alcohol on choices and sexual behaviour	Understanding consent and intimacy: offline and online
Relationships	Consent	R21.the skills to assess their readiness for sex, including sexual activity online, as an individual and within a couple	Understanding consent and intimacy: offline and online
Relationships	Consent	R22.to evaluate different motivations and contexts in which sexual images are shared, and possible legal, emotional and social consequences	Staying safe online: protecting your personal data
Relationships	Contraception and parenthood	R23.how to choose and access appropriate contraception (including emergency contraception) and negotiate contraception use with a partner	Sexual health: choosing and accessing contraception
Relationships	Contraception and parenthood	R24.the physical and emotional responses people may have to unintended pregnancy; the different options available; whom to talk to for accurate, impartial advice and support	Understanding pregnancy: your choices
Relationships	Contraception and parenthood	R25.the importance of parenting skills and qualities for family life, the implications of young parenthood and services that offer support for new parents and families	Understanding pregnancy: your choices
Relationships	Contraception and parenthood	R26.the reasons why people choose to adopt/foster children	Understanding pregnancy: your choices
Relationships	Contraception and parenthood	R27.about the current legal position on abortion and the range of beliefs and opinions about it	Understanding pregnancy: your choices
Relationships	Bullying, abuse and discrimination	R28.to recognise when others are using manipulation, persuasion or coercion and how to respond	The impact of relationships
Relationships	Bullying, abuse and discrimination	R29.the law relating to abuse in relationships, including coercive control and online harassment	The impact of relationships
Relationships	Bullying, abuse and discrimination	R30.to recognise when a relationship is abusive and strategies to manage this	The impact of relationships
Relationships	Bullying, abuse and discrimination	R31.the skills and strategies to respond to exploitation, bullying, harassment and control in relationships	The impact of relationships
Relationships	Bullying, abuse and discrimination	R32.about the challenges associated with getting help in domestic abuse situations of all kinds; the importance of doing so; sources of appropriate advice and support, and how to access them	Navigating conflict in relationshipsThe impact of relationships
Relationships	Bullying, abuse and discrimination	R33.The law relating to 'honour'-based violence and forced marriage; the consequences for individuals and wider society and ways to access support	Rights and responsibilities: marriage and civil partnerships
Relationships	Bullying, abuse and discrimination	R34.strategies to challenge all forms of prejudice and discrimination	Challenging prejudice and discrimination

Relationships	Social influences	R35.to evaluate ways in which their behaviours may influence their peers, positively and negatively, including online, and in situations involving weapons or gangs	Navigating social influence and pressure
Relationships	Social influences	R36.skills to support younger peers when in positions of influence	Navigating social influence and pressure
Relationships	Social influences	R37.to recognise situations where they are being adversely influenced, or are at risk, due to being part of a particular group or gang; strategies to access appropriate help	Navigating social influence and pressure
Relationships	Social influences	R38.factors which contribute to young people becoming involved in serious organised crime, including cyber crime	Navigating social influence and pressure

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Core theme	Topic area	KS3 objective (11-14)	Lessons which cover this objective
Living in the wider world	Learning skills	L1.to evaluate and further develop their study and employability skills	Planning and organising: revising effectively
Living in the wider world	Learning skills	L2.to evaluate their own personal strengths and areas for development and use this to inform goal setting	Planning and organising: revising effectively
Living in the wider world	Learning skills	L3. how their strengths, interests, skills and qualities are changing and how these relate to future career choices and employability	See Careers Year Plan
Living in the wider world	Choices and pathways	L4.about the range of opportunities available to them for career progression, including in education, training and employment	See Careers Year Plan
Living in the wider world	Choices and pathways	L5.about the need to challenge stereotypes about particular career pathways, maintain high aspirations for their future and embrace new opportunities	See Careers Year Plan
Living in the wider world	Choices and pathways	L6.about the information, advice and guidance available to them on next steps and careers; how to access appropriate support and opportunities	See Careers Year Plan
Living in the wider world	Choices and pathways	L7.about the labour market, local, national and international employment opportunities	See Careers Year Plan
Living in the wider world	Choices and pathways	L8. about employment sectors and types, and changing patterns of employment	See Careers Year Plan
Living in the wider world	Choices and pathways	L9.to research, secure and take full advantage of any opportunities for work experience that are available	See Careers Year Plan
Living in the wider world	Choices and pathways	L10.to develop their career identity, including values in relation to work, and how to maximise their chances when applying for education or employment opportunities	See Careers Year Plan
Living in the wider world	Choices and pathways	L11.the benefits and challenges of cultivating career opportunities online	See Careers Year Plan
Living in the wider world	Choices and pathways	L12.strategies to manage their online presence and its impact on career opportunities	See Careers Year Plan
Living in the wider world	Employment rights and responsibilities	L13.the skills and attributes to manage rights and responsibilities at work including health and safety procedures	See Careers Year Plan
Living in the wider world	Employment rights and responsibilities	L14.about confidentiality in the workplace, when it should be kept and when it might need to be broken	See Careers Year Plan
Living in the wider world	Employment rights and responsibilities	L15.about the unacceptability and illegality of discrimination and harassment in the workplace, and how to challenge it	Challenging prejudice and discrimination
Living in the wider world	Financial choices	L16.how to effectively budget, including the benefits of saving	Financial choices: managing finances in the world of work
Living in the wider world	Financial choices	L17.how to effectively make financial decisions, including recognising the opportunities and challenges involved in taking financial risks	Financial choices: managing finances in the world of work
Living in the wider world	Financial choices	L18.to recognise and manage the range of influences on their financial decisions	Financial choices: managing finances in the world of work
Living in the wider world	Financial choices	L19.to access appropriate support for financial decision-making and for concerns relating to money, gambling, and consumer rights	Financial choices: managing finances in the world of work
Living in the wider world	Financial choices	L20. the skills to challenge or seek support for financial exploitation in different contexts including online	Financial choices: managing finances in the world of work
Living in the wider world	Financial choices	L21.to evaluate the financial advantages, disadvantages and risks of different models of contractual terms, including self-employment full-time, part-time and zero-hours contracts	Financial choices: managing finances in the world of work
Living in the wider world	Media literacy and digital resilience	L22.that there are positive and safe ways to create and share content online and the opportunities this offers	Staying safe online: protecting your personal data

Living in the wider world	Media literacy and digital resilience	L23.strategies for protecting and enhancing their personal and professional reputation online	Staying safe online: protecting your personal data
Living in the wider world	Media literacy and digital resilience	L24.that social media may disproportionately feature exaggerated or inaccurate information about situations or extreme viewpoints; to recognise why and how this may influence opinions and perceptions of people and events	Staying safe online: misinformation and extremism
Living in the wider world	Media literacy and digital resilience	L25.how personal data is generated, collected and shared, including by individuals, and the consequences of this	Staying safe online: protecting your personal data
Living in the wider world	Media literacy and digital resilience	L26.how data may be used with the aim of influencing decisions, including targeted advertising and other forms of personalisation online; strategies to manage this	Staying safe online: protecting your personal data
Living in the wider world	Media literacy and digital resilience	L27.strategies to critically assess bias, reliability and accuracy in digital content	Staying safe online: misinformation and extremism
Living in the wider world	Media literacy and digital resilience	L28.to assess the causes and personal consequences of extremism and intolerance in all their forms	Staying safe online: misinformation and extremism
Living in the wider world	Media literacy and digital resilience	L29.to recognise the shared responsibility to challenge extreme viewpoints that incite violence or hate and ways to respond to anything that causes anxiety or concern	Staying safe online: misinformation and extremism