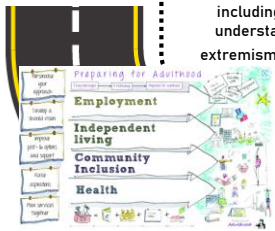


# PSHE KS4

**Personal Safety:** Identifying and managing risks in various situations (home, travel, online), including road safety and understanding issues like extremism and radicalisation.

**Community and Responsibility:** Understanding what it means to be part of a community, British values, democracy, protected characteristics and responsibilities towards others and the environment.

**Budgeting and preparing for Adulthood**



10/  
11

**County Lines and Gangs**  
Understanding the impact of county lines and gang activity

**Awareness of Drug and Substance Use.**  
R/650/3037

**Knife Crime**  
awareness, prevention, legal consequences, and the development of social skills to manage peer influence and avoid dangerous situations

## Summer Term

**Grooming Online**  
- Identifying grooming behaviors online

**Social Media Sites - Dangers, Cyberbullying and online harassment**

**Bullying - Types of bullying and their effects**



10/  
11

**Alcohol Awareness**  
M/650/3036

**Mental Health Awareness**  
Identifying mental health issues

**Basic First Aid: Essential life-saving skills,** including how to administer CPR and the purpose of defibrillators.

## Spring Term

**Health and Wellbeing**  
This theme focuses on developing the knowledge and skills to make informed choices about physical and mental health.

**Body image**  
focuses on understanding influences, promoting positive self-perception, and developing strategies to manage pressures

**Healthy Eating**  
knowledge and strategies to make independent, informed decisions about their diet and lifestyle as they approach adulthood



10/  
11

**Introduction to the expectations and purpose of PSHE**

**Understanding Sex and Relationships**  
H/650/3050

**Recognizing signs of coercion and control in relationships**

## Autumn Term

"You're braver than you believe, and stronger than you seem, and smarter than you think." - Christopher Robin

PSHE: to equip children and young people with the knowledge, skills, and attributes to lead healthy, safe, and independent lives, preparing them for life and work in modern society