Year 7

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| Term | ThemeYear 7 PSHE | Key assessment | How you can support your child |
| 1 | Support networks and making friends.Anti-bullying and the peer mentor OASIS scheme | Making friends | Reading/watching the news and discussing ideas with your son or daughter enables them to fully comprehend many of the issues.PLEASE ENCOURAGE THEM TO READ – ANYTHING. This will enormously improve the quality of their written English. |
| 2 | Keeping safe on the railways.First Aid | First-Aid test | Get them to show you how to do hands-only CPR  |
| 3 | Drugs, Alcohol and Tobacco* Solvents
* tobacco
 | Smoking |  |
| 4 | British values – how is the UK run? |  | Watch the news with them. |
| 5 | Relationships and Sex Education* puberty
 | Puberty | All students will be offered a free booklet – 4Boys or 4Girls – which gives straightforward information about sex and relationships. They do not need to talk one if it makes them feel uncomfortable but if you email natalie.moorhouse@kingsacademies.uk I can send you a copy. |
| 6 | Careers* using I could website
 |  | Talk to them about your career – how has it changed?Ask them what the I could website suggested as possible careers for them. Get them to show you the website |

Year 8

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| Term | ThemeYear 8 PSHE | Key assessment | How you can support your child |
| 1 | Relationships and Sex Education* Mental health – sexting
 |  | Reading/watching the news and discussing ideas with your son or daughter enables them to fully comprehend many of the issues.PLEASE ENCOURAGE THEM TO READ – ANYTHING. This will enormously improve the quality of their written English. |
| 2 | Drugs, Alcohol and Tobacco Education* Cannabis
* alcohol
 | cannabis | Discuss any issues that have come up. |
| 3 | British values* justice
* voting
* protest
 |  | Watch the news |
| 4 | Careers* employability skills
* the local labour market
 |  | Discuss your own career path – how did you make the decisions you did? |
| 5 | Relationships and Sex Education* effects of puberty
* sexuality
 | bullying | Be ready to talk if they want to!If you email natalie.moorhouse@kingsacademies.uk I can send you a copy of 4Boys or 4Girls which all students were offered in Year 7 |
| 6 | Financial awareness* the Real Game
 | money | Discuss how you manage the family budget |

Year 9

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| Term | ThemeYear 9 PSHE | Key assessment | How you can support your child |
| 1 | Drugs, Alcohol and Tobacco Education* alcohol
 | Alcohol | Reading/watching the news and discussing ideas with your son or daughter enables them to fully comprehend many of the issues. PLEASE ENCOURAGE THEM TO READ – ANYTHING. This will enormously improve the quality of their written English. |
| 2 | British values* politics
 | Citizenship | This may be delivered by students from the University of Sussex. |
| 3 | Drugs, Alcohol and Tobacco Education* illegal drugs
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| 4 | Relationships and Sex Education* Stress
* Anxiety
* Mental health
* Body image
* Self-esteem
* The first time
* Consent
* What is a healthy relationship?
* contraception
* condom skills
 | Condom skills | As always, please support your child by encouraging them to discuss what they have learned with you. |
| 5 |
| 6 | Careers and financial awareness* Debt
* Applying for a job.
 |  | Discuss how you applied for your job. |