Year 7

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| Term | Theme  Year 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](mailto: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 | Theme  Year 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](mailto: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 | Theme  Year 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 |  |  |
| 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. |