

The EC Resources 3 Years of KS3 Pack includes:



Year 7 (37 hours of lessons) All available at www.psheresources.com or the [EC Resources Tes store](#)

1. Introduction to secondary school (Year 7 transition lesson)
2. Introduction to PSHE Lesson (introduces PSHE as a subject).

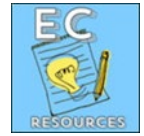
The following are distinct lessons and can be used in any order, however they fall into the PSHE Association's recommended three categories:

Health and Wellbeing	Living in the Wider World	Relationships (RSE)
What do we mean by a healthy lifestyle? Health introduction.	Being an aspirational student	Keeping good friendships and avoiding toxic ones.
How can I keep healthy? Food groups, diet and nutrition.	The importance of self esteem	Family relationships – the different types and why we don't always get along.
Eating responsibly – Food labels and health hazards.	How can we budget our money?	Love and relationships – falling in love and dealing with new feelings.
Healthy Living – exercise and keeping active.	How can I create a personal budgeting plan? (2x hours)	Bullying or banter? Why do people bully others and how can we help stop this?
Not eating healthily - what are the consequences?	What are savings, loans and interest?	What is cyberbullying? Why do people bully online?
What's the big deal about energy drinks?	What are the different types of financial transactions?	How do we keep safe and positive relationships (on and off-line)?
The dangers of cigarettes and passive smoking	What are the different types of financial products?	What is my personal identity and why is diversity important?
Puberty – what happens, when and why.	How can we shop ethically?	Extremism – why does radicalisation happen and how does it challenge our values?
Periods – what happens, when and why.	What are wants and needs and why do we need to know the difference?	
FGM – what is this and why is it so dangerous?	How can we enjoy social media but keep our accounts safe and private?	
Introduction to mental health issues – depression focus.	What is stereotyping and prejudice? Racism focus.	
What are drugs? Why are they dangerous? (class A, B and C)	How can we be resilient and face challenges?	
How can we manage our anger?		

Year 8 (37 hours of lessons) All available at www.psheresources.com or the [EC Resources Tes store](#)

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Health and Wellbeing	Living in the Wider World	Relationships (RSE)
<p>Personal development and target setting – how can I improve my skills and behaviour?</p>	<p>Internet Safety – what is online grooming and why must we be so careful?</p>	<p>How do we have safe sex and use different forms of contraception?</p>
<p>How can self-confidence boost our achievement?</p>	<p>How can we care for our environment and why is it changing? (2 hours)</p>	<p>How do we keep good sexual health and avoid STIs?</p>
<p>How can I manage my behaviour to achieve targets and goals?</p>	<p>Careers + development focus - how can we develop our communication skills?</p>	<p>What is consent and why is it important we know about it?</p>
<p>Why do teenage parents have it so tough? How we can avoid teenage pregnancy.</p>	<p>Careers + development focus - how can we develop our teamwork skills?</p>	<p>What is sexting and why is it so risky to send personal images?</p>
<p>Stereotyping, discrimination and prejudice. Disability focus</p>	<p>How can we become entrepreneurs?</p>	<p>What is pornography and why can it be dangerous?</p>
<p>How can we look after ourselves and others in an emergency? Personal safety and first aid.</p>	<p>LGBT+ focus: Homophobia</p>	<p>How can we prevent radicalisation and recognise the signs of extremism?</p>
<p>What is vaping and is this as bad as smoking?</p>	<p>Finance – what is income and expenditure?</p>	<p>Who are the extremist groups and why are they so dangerous?</p>
<p>What is mindfulness? How can this aid positive mental health?</p>	<p>Finance – budgeting and saving personal finances</p>	<p>Where does extremism come from?</p>
<p>Emotional literacy – why is self-awareness in our actions towards others so important? (2 hours)</p>	<p>Careers + Finance - What are national insurance and income tax? Reading payslips</p>	<p>How do religious extremists attract converts?</p>
<p>Cancer Awareness</p>	<p>Why do we pay tax and how is this spent?</p>	<p>Islamophobia – do Muslims really want Sharia Law in Britain?</p>
	<p>Stereotyping, discrimination and prejudice. Teens and the media focus.</p>	<p>Stereotyping, discrimination and prejudice. Religion focus.</p>
		<p>How can British Values teach us tolerance and respect for others?</p>
		<p>Domestic conflict – why do people run away from home and why is this so dangerous?</p>
		<p>Body image and the media part 1 with a focus on boys.</p>



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Health and Wellbeing	Living in the Wider World	Relationships (RSE)
Why do we need to keep to rules in order to succeed?	How does knife crime impact on our communities, why do teens get involved and what are the consequences?	Who are the LGBT+ community and what would they like us to know?
How can we foster a Growth Mindset to succeed and achieve?	How does the law deal with young offenders?	Why are British communities so diverse? Immigration and diversity focus.
How can I develop interpersonal skills to help me succeed?	How can we be self-disciplined to achieve our aims at school and in the wider world?	What are domestic violence and abusive relationships? Healthy and unhealthy relationships.
How can we manage the stress of school and exams?	Employability Skills – preparing for and applying to the world of work and careers	CSE – how are children and young people lured into dangerous relationships and what do these look like?
Why do people take illegal drugs and what does the law say about drug use?	What other skills do we need to develop for the work environment?	Body image and the media 2 – focus on girls
Why do people become selfie obsessed and consequences can this have?	What does it mean to be 'enterprising' and what is an 'enterprising personality'?	Body image and the media 3 – does the media contribute to eating disorders?
What are the short and long-term consequences of excess alcohol drinking?	What is sustainability and why is this essential to our environment?	Can we respect and celebrate British values and the religion and culture of our choice? (2 hour display lesson)
What is self-harm and why do people do this?	Navigating accounts, savings loans and financial institutions.	What is peer-pressure – why is it so powerful and how can we overcome this?
Why can't some people access education?	What rights do we have as shoppers and consumers?	
How are we protected from prejudice and discrimination?	How can I stay financially savvy and avoid debt?	
Mental health – how can I deal with and manage anxiety?	What can we learn from successful business people and entrepreneurs.	
Acid attacks – why are these on the increase and what can we do if we witness one?	Should we send aid to foreign countries – is aid the answer?	
Responsible health choices – blood donation, stem cells, vaccinations (2 hours)	How can extreme views lead to human rights abuses and atrocities?	
	How do charities like UNICEF help across the world?	