

**OVERVIEW**

Our curriculum is designed to strengthen students' resilience to successfully cope with the challenges they will face in their lives, to help them in developing a respectful moral code and instilling in them ambition to achieve their potential in the Salford community and world beyond

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HT1 Mental and Emotional Health

- 1) How can I be emotionally health?
- 2) How can I become more assertive?
- 3) How can I develop positive relationships?
- 4) What is sexting and what are the laws surrounding it?

HT2 Healthy Lifestyles

- 1) Why are immunisations and vaccinations important?
- 2) What is a balanced diet? What are the health risks of a poor diet?
- 3) What are the connections between exercise and good sleep?

**Assessment:**

Students are continually assessed through reflective written activities, teacher questioning and class discussion.

There is no formal, summative assessment of PSHE, RSE or Health.

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HT3 The Albion and Beyond: Careers

- 1) What are values?
- 2) How can I make a difference?
- 3) What is stereotyping and how can we tackle discrimination?

HT4 Living in the Wider World

- 1) What is piracy and copyright?
- 2) What are human rights and responsibilities?
- 3) What is discrimination?

Assessment is monitored through learning walks, book checks, and student/teacher voice.

**Sum**

HT5 Keeping Safe: Drugs and Alcohol Education

- 1) What do we know about drugs and their risk?
- 2) What are the laws surrounding drug use and misuse?
- 3) How can we deal with situations when drugs and alcohol are on offer?

HT6 Relationships & Sex Education

- 1) What is female genital mutilation (FGM)?
- 2) How can we understand gender and sexuality?
- 3) What is exploitation?

Useful resources for supporting your child at home:

Oak National Academy- [KS3 Citizenship Citizenship lessons for Key Stage 3 students](#)

Oak National Academy – [KS3 RSHE \(PSHE\) lessons for Key Stage 3 students](#)

Being aware of the news and current affairs Home - BBC News