



KJS KS4 PSHCEE Curriculum Overview



1. Being Me in My World	2. Celebrating Difference	3. Healthy Me	4. Relationships	5. Changing Me	6. Coping with Exams
<ul style="list-style-type: none"> • Rights, Equality & Society • Relationships & Personal Safety • Online & Digital Life • Risk, Safety & Emergency Response • Crime, Substances & the Law 	<ul style="list-style-type: none"> • Equality & Diversity in Society • Rights, Responsibilities & the Law • Workplace Expectations & Equality • Relationships, Power & Control • Personal Health & Wellbeing 	<ul style="list-style-type: none"> • Mental Health & Wellbeing • Physical Health & Lifestyle • Reproductive & Sexual Health • Relationships & Sexual Behaviour 	<ul style="list-style-type: none"> • Building & Sustaining Healthy Relationships • Intimacy, Love & Sexuality • Relationship Choices, Endings & Consequences • Media, Pornography & Social Perceptions • Power, Control & the Law • Gender Identity, Sexuality & LGBT+ Rights • Challenging Harmful Cultural & Social Norms • Personal Authenticity & Self-Respect in Relationships 	<ul style="list-style-type: none"> • Societal Change & Young People • Media Influence & Stereotypes • Identity, Sexuality & Personal Development • Family Change & Sources of Support • Decision-Making & Managing Change • Personal Safety & Risk (cycling, water, transport, alcohol) 	<ul style="list-style-type: none"> • Coping with exam stress • Importance of sleep • Revision strategies