

Wellbeing Curriculum KS3 - 2023-2024

Key Stage 3: Year 7

Overall Curriculum Goals					
• To help students develop the knowledge skills and attributes needed to manage life's challenges and make the most of life's opportunities keeping healthy, safe and prepared for life and work					
Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
<ul style="list-style-type: none"> Frontloading sessions- social media, diversity and friendships (community) Introduction to Brian Clarke expectations 	<ul style="list-style-type: none"> Respectful relationships Consent and Boundaries Vaping 	<ul style="list-style-type: none"> Social media 	<ul style="list-style-type: none"> Hate Crime Gender Stereotypes 	<ul style="list-style-type: none"> Mental Health Healthy Lifestyles- balanced diet 	<ul style="list-style-type: none"> Extremism and radicalisation Change
Concepts	Concepts	Concepts	Concepts	Concepts	Concepts
<p>Understanding expectations and getting to know each other and the school.</p> <p>Identifying what makes a good relationship and how to recognise bullying and report it.</p> <p>Learning about the importance of celebrating diversity and understanding the importance of equality. Looking at how we can promote diversity in our school community.</p>	<p>Understanding the difference between a healthy relationship and an unhealthy one.</p> <p>Learning about consent and boundaries in relation to friendships and personal space.</p> <p>The physical and psychological risks associated with vaping and consequences people face. Why it is dangerous and the laws around vaping.</p>	<p>Similarities and differences between the online world and the physical world</p> <p>How to identify harmful behaviours online (including bullying, abuse, or harassment) and how to report or find support.</p> <p>The use and misuse of social media. Knowing how to manage using social media in a positive way and the consequences of social media.</p>	<p>Looking at why Hate Crime is not only illegal but immoral. Understanding different examples of Hate Crime and consequences of it.</p> <p>Learning how stereotypes, in particular stereotypes based on sex and gender can cause damage.</p> <p>Looking at protected characteristics and how Hate Crime can affect people.</p>	<p>Learning how happiness is being connected to others. How to talk about emotions accurately and sensitively using appropriate vocabulary</p> <p>Learning about positive associations between physical activity and promotion of mental wellbeing</p> <p>What constitutes a healthy life? Maintaining a healthy weight</p> <p>Links between inactivity and ill-health</p> <p>Understanding how to promote good mental health and how to manage challenges with mental health.</p>	<p>Recognising warning signs of radicalisation</p> <p>Change- Moving into year 8, reflection on the year and subjects focus- destinations for the future.</p>
Key Vocabulary	Key Vocabulary	Key Vocabulary	Key Vocabulary	Key Vocabulary	Key Vocabulary
Diversity Bullying Diversity / Equality	Vaping Consent Healthy / Unhealthy	Social Media Harassment	Hate Crime Protected Characteristics	Emotions Resilience Mental Health	Radicalisation Extremism Change
CEIAG	CEIAG	CEIAG	CEIAG	CEIAG	CEIAG
Skills for careers- Benchmark 1 and 4	Skills for careers- Benchmark 1 and 4	Benchmark 5- Encounter- Social Media advisor	Stereotyping / Skills for careers- Benchmarks 1 and 4	Skills for careers- Benchmark 4	School subjects and pathways- Benchmark 1 and 4

Key Stage 3: Year 8

Overall Curriculum Goals					
• To help students develop the knowledge skills and attributes needed to manage life's challenges and make the most of life's opportunities keeping healthy, safe and prepared for life and work					
Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Frontloading sessions- Role Modelling / Diversity Social Media	Respectful Relationships Harassment	Physical Health Eating Disorders Body Image and social media	Mental Health Challenging Bullying	Hate Crime and Racism	Vaping Gambling and Alcohol Sexual Orientation and gender

Respectful relationships			Equality and Protected Characteristics		Making good choices Change and preparation for year 9
Concepts	Concepts	Concepts	Concepts	Concepts	Concepts
<p>Understand the differences between bullying and banter and to recognise peer pressure and gain strategies for resisting peer pressure.</p> <p>Understand the risks online and legal implications of sharing compromising materials online.</p> <p>To learn how to critically evaluate when something or they do or are involved in has a positive or negative effect on their own and other's mental health about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing</p>	<p>Similarities and differences between the online world and the physical world How to identify harmful behaviours online (including bullying, abuse, or harassment) and how to report or find support.</p> <p>To learn how stereotypes, in particular stereotypes based on sex and gender can cause damage. To know what the law says about sex, relationships, and young people. To define the term harassment and identify behaviours associated with this and what to do if this happens to them or to others.</p>	<p>To understand what an eating disorder is and how it develops. To know it is unhealthy to compare ourselves to others and to implement strategies to improve our self-esteem.</p> <p>To understand the impact our diet, sleep, stress, mental health etc. Has on our physical body. To understand the importance of looking after our physical body and how to do that. Looking at consequences of not looking after our body.</p>	<p>How to recognise early signs of mental ill health and how to manage mental health to try and promote positive mental health.</p> <p>To recognise different types of bullying and how to challenge this.</p> <p>To correctly identify cases of discrimination and to be able to explain the importance of the Equality Act 2010. To understand what is meant by Protected Characteristics and why it is important that these exist.</p>	<p>To correctly identify cases of discrimination and to be able to explain the importance of the Equality Act 2010. To understand what is meant by Protected Characteristics and why it is important that these exist.</p> <p>To explain what is meant by Hate Crime and what contributes to this happening. To understand how this can be stopped and prevented.</p> <p>To understand what is meant by racism and how it has developed and to know that we can challenge racism.</p>	<p>To know the Facts about E-cigarettes and smoking School policy and laws relating to smoking and E-cigarettes.</p> <p>To understand the facts and dangers around alcohol and gambling along with what laws say about these.</p> <p>To use the correct terms to describe sexuality and gender. To understand the hardships people of minority sexualities and genders may face.</p> <p>To understand how to be a good role model moving into year 9 reflecting on our community at BCA. Thinking about changes that Y9 will bring.</p>
Key Vocabulary	Key Vocabulary	Key Vocabulary	Key Vocabulary	Key Vocabulary	Key Vocabulary
<p>Bullying Banter Online behaviour</p>	<p>Stereotyping Harassment Abuse</p>	<p>Eating disorder Mental and Physical Health Self-esteem</p>	<p>Equality Diversity Racism</p>	<p>Protected Characteristics Gender Hate Crime</p>	<p>Vaping Gambling and Alcohol Sexual Orientation and gender</p>
CEIAG	CEIAG	CEIAG	CEIAG	CEIAG	CEIAG
<p>Skills for careers- Benchmark 1 and 4 Encounter- Benchmark 5- Police</p>	<p>Skills for careers- Benchmark 4</p>	<p>Linking Curriculum to careers- Benchmark 1 and 4</p>	<p>Skills for careers- Benchmark 1 and 4</p>	<p>Skills for careers- Benchmark 1 and 4</p>	<p>Skills for careers and linking curriculum to careers- Benchmark 1 and 4 Encounter- NHS</p>

