

## Curriculum Intent PSHE: Key Stage 3 & 4 2025 - 2026

At Compass School, our PSHE (Personal, Social, Health and Economic) curriculum is designed to cultivate an inclusive, nurturing learning environment where every pupil is empowered to thrive—academically, emotionally, and socially—within today’s diverse and dynamic society. PSHE is a core subject and this reflects our commitment to shaping compassionate, confident, and capable young citizens.

Our mission is to develop essential life skills, core virtues, and key attributes that support and safeguard pupil wellbeing. We prioritise fostering self-awareness, building self-esteem, strengthening resilience, and enhancing emotional intelligence. Central to our approach is the understanding that happiness and personal fulfilment are deeply rooted in positive, respectful relationships and meaningful human connection.

We place a strong emphasis on collaboration, teamwork, and the appreciation of diverse perspectives, equipping our pupils with the interpersonal tools needed to build empathetic and inclusive communities.

From the moment pupils join Compass School, they are assessed to identify individual needs, allowing us to tailor and differentiate the PSHE curriculum to close any knowledge gaps. This personalised approach ensures that every child leaves equipped with the knowledge, confidence, and character needed to make informed choices, contribute positively to society, and navigate the increasingly complex worlds of finance and economics with confidence and integrity.

By the end of KS3, pupils are expected to build and develop essential skills and knowledge to keep themselves healthy and safe and prepare for life and work in modern Britain. Pupils should learn how to manage diverse relationships, their online lives, the increasing influence of peers and media and navigate the challenges and opportunities in their teenage lives.

By the end of KS4, pupils are expected to build on their skills and knowledge from KS3 to have a deeper understanding and knowledge of personal, emotional, social and economic development in order to make informed decisions to lead healthy and fulfilling lives as they transition into adulthood and take greater responsibility for themselves and others. There is an additional focus on mental wellbeing around exam times to build upon emotional resilience and help pupils recognise symptoms of stress.

### Skills and Knowledge Key Stage 3 & Key Stage 4

Every half term, we ensure that we offer cross curricular (Cc) opportunities to our pupils as well as covering Social, Moral, Spiritual and Cultural (SMSC) elements.

These are detailed below using the following codes, enabling us to track what is delivered in each subject:

Cross Curricular Links include: M (Maths), Eng (English), Sc (Science), PS (PSHE), FT (Food Tech), CR (Craft), AD (Art & Design), C (Computing), G (Geography), H (History), En (Engineering), R (Reading), Ec (Economics)

SMSC Links include: B (British Values), Sp (Spiritual aspects), M (Moral aspects), So (Social aspects), C (Cultural aspects), R (Religious aspects), Rel (Relationships), P (Prevent), E (E-Safety), I (Individual Advice & Guidance & Careers), H (Healthy Lifestyle including wellbeing)

	Key Stage 3 Topics	Key Stage 3 Skills	Key Stage 3 Knowledge	Key Stage 4 Topics	Key Stage 4 Skills	Key Stage 4 Knowledge
HT1	<b>Health and Wellbeing</b>  <b>SMSC – M, I, So Rel, H</b>  <b>Cc – R, Sc</b>	Relationships, friendships and what to do when relationships breakdown. How to be a good citizen in school and in the wider world. Recognising stress and signs of mental illness Responding to an emergency Basic First Aid Making healthy lifestyle choices Knowing how to use a prescription	Knowledge of what is normal and healthy in a relationship. Knowledge of help available to deal with emotional stress The difference between OTC and prescription drugs. Knowledge of risks associated with drugs, alcohol, e-cigs, and prescription medication How Caffeine effects the body	<b>Health and Wellbeing</b>  <b>NCFE booklet Stress and Mental Health and Wellbeing</b>  <b>SMSC – M, I, So, H, Rel</b>  <b>Cc – R, Sc</b>	Managing change- How to communicate emotions and Stress Management. How to be a good citizen in your new class or zone. Skills to reframe negative thinking Developing critical thinking skills Recognising how the media can stereotype mental illness Understanding sleep hygiene Mental illness, types, signs and seeking help Stigma related to mental illness	Knowing how to stay motivated and persevere when things go wrong, building resilience. Knowledge of stigma and stereotypes with reference to mental illness Knowing how to create a good sleep pattern Types of Stress and various stress management techniques
	Key Stage 3 Topics	Key Stage 3 Skills	Key Stage 3 Knowledge	Key Stage 4 Topics	Key Stage 4 Skills	Key Stage 4 Knowledge
HT2	<b>Living in the Wider World</b>  <b>SMSC – Sp, M, I, Ec</b>  <b>Cc – R, M</b>	Linking skills with different careers Assessing own strengths and weaknesses. Developing individual values. Solving problems in the workplace and finding solutions. Budgeting and basic personal finance Recognising and challenging stereotypes Recognising negative influences, gang culture	Knowledge about opportunities and responsibilities in the world of work Understanding how to be a good citizen in the workplace and in society Understanding how to budget and live within your means. Knowledge of stereotypes Knowledge of the legal risks of carrying a knife Knowledge of gang culture	<b>Living in the Wider World</b>  <b>SMSC – Sp, M, So, C, I, E</b>  <b>Cc – R, M, Ec</b>	How to manage safety online Managing a debit card. Fraud. GDPR Creating a budget and living within your means Understanding risks of gambling Understanding advertising and its impact. Protecting your personal data. Recognising unsafe online transactions	To understand how to keep yourself safe online and how to use social networking sites safely To be aware of cyberbullying including online fraud, scams, sextortion, phishing, harassment, trolling, spreading rumours and messages meant to harm. To be aware of harmful online content and how to report it. To understand the risks of using AI, including Virtual Reality (VR) and Artificial Reality (AR), deepfakes and AI generated imagery and how to use it safely. Recognising and challenging media misconceptions and bias including pornography (it’s negative influence on sexual attitudes and behaviours) and unrealistic expectations. To understand the impact and legal consequences of sharing indecent images of under 18-year-olds. To understand how to report online bullying or damaging material that could affect your

						<p>online profile</p> <p>Being respectful in all our relationships</p> <p>Knowledge of difference between credit/debit card. How to report fraud</p> <p>Knowledge of debt and where to go for support</p> <p>Dangers of gambling and support available.</p> <p>Fraud and cybercrime</p> <p>Online data protection</p>
	<b>Key Stage 3 Topics</b>	<b>Key Stage 3 Skills</b>	<b>Key Stage 3 Knowledge</b>	<b>Key Stage 4 Topics</b>	<b>Key Stage 4 Skills</b>	<b>Key Stage 4 Knowledge</b>
<b>HT3</b>	<p><b>Relationships</b></p> <p><b>SMSC – P, Sp, M, So, C, Rel</b></p> <p><b>Cc – R, H</b></p>	<p>Challenging prejudice</p> <p>Recognising forms of bullying</p> <p>Responding to bullying</p> <p>Challenging homophobia, biphobia, racism and religious discrimination with confidence</p> <p>Treating people fairly and creating a society where we respect individuals</p>	<p>Knowledge of how historical prejudice has led to conflict</p> <p>What is bullying and why is it dangerous</p> <p>Knowledge of where to find help</p> <p>What the law is regarding homophobic/religious discrimination</p> <p>Knowledge of protected characteristics and 2010 Equality Act</p>	<p><b>Relationships</b></p> <p><b>NCFE Booklet Sexual Health</b></p> <p><b>SRE focus</b></p> <p><b>SMSC – Sp, M, So, C, B</b></p> <p><b>Cc – R, Sc</b></p>	<p>To be able to evaluate readiness for parenthood and positive parenting qualities. Civil partnerships. IVF</p> <p>To manage change, loss, grief and bereavement.</p> <p>About 'honour based' violence and forced marriage and how to safely access support</p> <p>Manipulation, coercive control and the most recent developments in the law. The importance of consent.</p>	<p>Knowledge of gender identity, gender expression and sexual orientation in society</p> <p>Being aware of exit strategies for pressurised or dangerous situations.</p> <p>Being aware of who can help you and provide support</p> <p>Understanding how to handle unwanted attention, including online</p> <p>Understanding how to challenge harassment and stalking, including online</p> <p>Knowledge of the law with regards to sharing and accessing pornography.</p> <p>How to give and receive consent</p>
	<b>Key Stage 3 Topics</b>	<b>Key Stage 3 Skills</b>	<b>Key Stage 3 Knowledge</b>	<b>Key Stage 4 Topics</b>	<b>Key Stage 4 Skills</b>	<b>Key Stage 4 Knowledge</b>
<b>HT4</b>	<p><b>Health and Wellbeing</b></p> <p><b>SMSC – So, M, I, Sp, Rel, H</b></p> <p><b>Cc – R, Sc</b></p>	<p>Testicular and breast self-examination</p> <p>Making healthy lifestyle choices including diet and physical activity</p> <p>Setting good personal hygiene routines</p> <p>Dental hygiene and how to do it</p> <p>Changing adolescent body</p> <p>Good sleep hygiene and routines</p>	<p>Understanding of importance of testicular and breast self-examination techniques.</p> <p>Know why we need to manage choices relating to caffeine, smoking, Vaping and alcohol</p> <p>Knowledge of managing physical and emotional changes during puberty</p> <p>Unhealthy coping strategies (eg. self-harm and eating disorders)</p>	<p><b>Health and Wellbeing</b></p> <p><b>NCFE Booklets Substance abuse and Alcohol misuse</b></p> <p><b>SMSC - H, Sp, M, I, So</b></p> <p><b>Cc – R, Sc</b></p>	<p>Self-examining breasts and testes</p> <p>Registering with and accessing doctors, sexual health clinics, opticians and other health services</p> <p>Being able to seek help for substance use and addiction. Drug and alcohol use in relation to consent.</p> <p>Being able to assess emergency and non-emergency situations and contact appropriate services</p> <p>Making informed decisions about vaccination</p>	<p>Knowledge about the links between lifestyle and some cancers</p> <p>Understanding the importance of screening and self-examination</p> <p>Understanding the risks of using drugs and alcohol in relation to consent and the law.</p> <p>Understanding the importance of vaccinations and immunisations</p> <p>Understanding the risks relating to cosmetic and aesthetic body alterations</p> <p>Being aware of blood, organ and stem cell donation</p>
	<b>Key Stage 3 Topics</b>	<b>Key Stage 3 Skills</b>	<b>Key Stage 3 Knowledge</b>	<b>Key Stage 4 Topics</b>	<b>Key Stage 4 Skills</b>	<b>Key Stage 4 Knowledge</b>
<b>HT5</b>	<p><b>Living in the Wider World</b></p> <p><b>SMSC – Rel, M, So, E, I</b></p> <p><b>Cc – R, Sc, C</b></p>	<p>To understand how to use social networking sites safely and to be aware of harmful online content (including scams) and how to report it.</p> <p>Being respectful in all our relationships, including online.</p> <p>To understand the risks of using AI, including Virtual Reality (VR) and Artificial Reality (AR), deepfakes and AI generated imagery and how to use it safely</p> <p>How to distinguish between content which is publicly and privately shared</p> <p>To recognise biased or misleading information online</p>	<p>To be able to recognise what grooming might look like</p> <p>To have knowledge of the Online Safety Act Oct 23</p> <p>To have knowledge of age restrictions when accessing different forms of media and how to make responsible decisions. Knowledge of where to find help.</p>	<p><b>Living in the Wider World</b></p> <p><b>SMSC – M, So, I, E, Rel, H</b></p> <p><b>Cc – R, C</b></p>	<p>Evaluating strengths and interests in relation to career development</p> <p>Being a good citizen in the workplace and beyond.</p> <p>Developing strategies for overcoming challenges in the work place.</p> <p>Building resilience.</p> <p>Maintaining a positive personal presence online</p> <p>Creating a work life balance ways to deal with effects of stress on the body. Use of drugs and alcohol to combat stress and how this can link to serious mental health issues.</p>	<p>Knowledge about opportunities in learning, work and responsibilities in the workplace</p> <p>About how to manage practical problems and health and safety. Legality of discrimination in the work place.</p> <p>Understanding the Equality Act of 2010</p> <p>Knowing how to manage relationships at work</p>

		To manage relationship breakdown with regards to social media				Understanding how to be a good citizen in the workplace and in society
	<b>Key Stage 3 Topics</b>	<b>Key Stage 3 Skills</b>	<b>Key Stage 3 Knowledge</b>	<b>Key Stage 4 Topics</b>	<b>Key Stage 4 Skills</b>	<b>Key Stage 4 Knowledge</b>
<b>HT6</b>	<p><b>Relationships</b></p> <p><b>SRE</b></p> <p><b>SMSC – P, M, So, Sp, E, I, Rel</b></p> <p><b>Cc – R, C, Sc</b></p>	<p>Choosing healthy relationships</p> <p>Marriage and the law, forced marriage</p> <p>Recognising and challenging media misconceptions and bias including pornography (it's negative influence on sexual attitudes and behaviours) and unrealistic expectations</p> <p>To be able to seek and assertively communicate consent. Choosing a contraceptive method</p>	<p>Knowledge of the law regarding consent, sexting and sharing of pornographic images. How to communicate positively online.</p> <p>Morals and values with regards to relationships</p> <p>The Law and accessing different types of contraception (when needed, depending on cohort)</p>	<p><b>Relationships</b></p> <p><b>NCFE</b></p> <p><b>Booklet Sexual Health</b></p> <p><b>SMSC – P, M, I, So, Sp, Rel, H</b></p> <p><b>Cc – C, Sc, R</b></p>	<p>Assessing myths, assumptions, misconceptions and social norms about sex, gender and relationships</p> <p>Violence against woman and FGM</p> <p>Cultural and Biological in Race and Gender</p> <p>Assessing the opportunities and risks of online relationships</p> <p>Managing the impact of the media and pornography on sexual attitudes, expectations and behaviour</p>	<p>Knowing about fertility, including how it varies and changes over a lifetime</p> <p>Understanding about pregnancy, birth and miscarriage and fertility treatment and where to find it</p> <p>Knowing about unplanned pregnancy options, including abortion, adoption and fostering and where to seek help</p> <p>Understanding grief and loss and where to seek support/ counselling</p> <p>Understanding the law regarding FGM, violence against women and coercive control</p>