ACE Schools Upper KS3 and KS4 PSHE

Further WJEC units

Managing Money

- Use appropriate calculations when paying for items
- Identify different ways of paying for items, eg. debit card, Apple Pay, PayPal, online bank transfer, cash
- identify key items of expenditure, eg. bills, food, transport, clothes
- Identify an appropriate way to save surplus money, interest, different bank accounts
- Prepare a straightforward weekly budget
- Identify sources of income eg. employment, state benefits, gifts, selling items

Healthy Living

- Describe what can contribute to a healthy lifestyle eg. nutrition, sexual health, drugs and alcohol, vaping, smoking, physical exercise, sleep
- Choose appropriate activities that can make an improvement to lifestyles
- Describe how activities have improved their lifestyle.
- Carry out activities to contribute to a healthy lifestyle
- Identify the skills and qualities which employees need, compare with own skills and qualities, and identify areas for development

Preparation for Work

- Prepare key personal information required for a job role eg. CV, application form, letter of application
- Find out about potential job roles, identify a suitable job role, Career Pilot

STEP 4

- Benefits of relaxation
- Sleep in relation to mental health
- Resilience, strategies to improve resilience
- Managing emotional changes
- Mental health stigma, triggers, support strategies

Changing Me

- Healthy relationships, power and control in intimate relationships, risk in intimate relationships
- Pornography
- Contraception choices, family planning
- Consequences of unprotected sex, STIs
- Emergency situations, first aid, CPR, substances and safety
- Sources of advice and support
- Importance of sexual consent, age of consent, assertiveness skills, sex and the law
- Support and advice services

Healthy Me

- Drug classification, supply and possession legislation
- Physical and psychological effects of drugs and alcohol, alcohol and drug poisoning, addiction
- Smoking, vaping
- Alcohol and the law
- Misconceptions about health
- Anxiety disorders, eating disorders, depression
- Media manipulation
- Links between body image and mental health, mental health and ill health, self-harm, self-esteem, stigma

Dreams and Goals

- Phobic and racist language, positive and negative language, banter, peer on peer abuse, legal consequences of bullying and hate crime
- Direct and indirect discrimination, harassment, victimisation
- Prejudice, discrimination, stereotyping
- SMART planning
- The world of work
- Personal strengths, health goals, non-financial dreams and goals

Celebrating Difference

- Protected Characteristics, Equality Act
- Sexism, racism, ageism
- Bullying in the workplace
- Positive and negative self-identity
- Grooming, radicalization, county lines
- Perceptions about intimate relationships, consent
- Abuse and coercion, coercive control
- Risky experimentation, groups, influences, social media
- Sexual exploitation, peer approval, peer on peer abuse

Being Me in my World

STEP 3