

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 7	HEALTH AND WELL BEING Transition and safety Transition to secondary school, including making and maintaining friendships, personal safety in and outside school, including first aid, Balanced health and well-being, including influence of sleep habits and substances INDEPENDENCE RESPONSIBILITY	RELATIONSHIPS Diversity Diversity, stereotypes, prejudice, bullying, boundaries and consent. Animal welfare Roles animals play in mental health, pet welfare responsibility and animal cruelty RESPONSIBILITY VALUE EQUALITY	LIVING IN THE WIDER WORLD Developing skills and career aspirations Careers, teamwork, enterprise skills, and raising aspirations. Digital literacy Online safety, including digital literacy, extreme online discourses- PREVENT, and abuse online, including of a sexual nature INDEPENDENCE RESPONSIBILITY EQUALITY	HEALTH AND WELL BEING Physical Changes and personal Hygiene Managing emotional and physical changes during puberty, about personal hygiene. Personal Safety Strategies Road, Rail, Water. Unwanted contact Recognising and responding to inappropriate and unwanted contact, about FGM, including accessing help and support INDEPENDENCE RESPONSIBILITY	RELATIONSHIPS Building relationships Self-worth, romance and friendships (including online) and relationship boundaries Safeguarding-mental and emotional abusive relationships. Sexual Harassment. Child on Child abuse. DEMOCRACY RESPONSIBILITY VALUE EQUALITY	LIVING IN THE WIDER WORLD Financial Decision Making Financial literacy, ethical business practice, safe consumerism, Managing risk-taking behaviour RESPONSIBILITY INDEPENDENCE EQUALITY



	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 8	HEALTH AND WELLBEING Emotional wellbeing Mental health and emotional wellbeing, including digital resilience, Substance abuse including cigarettes and e-cigarettes, alcohol. INDEPENDENCE RESPONSIBILITY EQUALITY	RELATIONSHIPS Discrimination Discrimination in all its forms, including: racism, religious, disability, sexism, homophobia, biphobia and transphobia. Recognising and challenging forms of discrimination including sexual harassment. DEMOCRACY RESPONSIBILITY VALUE EQUALITY	LIVING IN THE WIDER WORLD Careers and Finance Identifying careers, making sound career choices, applying for jobs, saving, borrowing, budgeting and making financial choices. Wages and tax. RESPONSIBILITY INDEPENDENCE VALUE	HEALTH AND WELLBEING Ill mental health and coping strategies Attitudes towards mental health, including stigma, examples of ill mental health including: depression, eating disorders, unhealthy coping mechanisms including self-harm and drugs, Healthy coping mechanisms. RESPONSIBILITY INDEPENDENCE	RELATIONSHIPS Identity and relationships The law on consent, communicating consent and respecting boundaries, sexting, contraception, healthy and unhealthy relationship behaviours, the different kinds of abuse including: verbal, physical, emotional, cyber, sexual RESPONSIBILITY INDEPENDENCE VALUE EQUALITY	LIVING IN THE WIDER WORLD Digital Literacy Online communication, social networking safely, grooming and seeking support, critically assess different media sources, age restrictions and sensitive content, cyber security RESPONSIBILITY INDEPENDENCE DEMOCRACY



	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 9	HEALTH AND WELLBEING Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, physical health including body image. Stress, mental illness, including: depression, anxiety, OCD, schizophrenia, stigma. INDEPENDENCE RESPONSIBILITY	RELATIONSHIPS Addressing extremism and radicalisation Identity, <i>Communities, belonging and challenging extremism</i> <i>PREVENT and toxic masculinity, freedom of speech, misinformation and disinformation</i> DEMOCRACY RESPONSIBILITY VALUE EQUALITY	LIVING IN THE WIDER WORLD- Careers Learning strengths, career options and goal setting as part of the GCSE options process Potential career paths and how to get started on them. Crime Young offenders, human rights, knife crime, gang culture, including county lines. DEMOCRACY RESPONSIBILITY INDEPENDENCE EQUALITY	HEALTH AND WELLBEING Health responsibility Managing mental-health, including: anxiety and panic attacks. Vaccinations and importance of health checks, making independent health choices. INDEPENDENCE RESPONSIBILITY	RELATIONSHIPS Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs and unwanted pregnancy, and attitudes to pornography, Recognizing coercive or abusive relationships, Sexual Harassment, Child on Child abuse. RESPONSIBILITY INDEPENDENCE VALUE EQUALITY	LIVING IN THE WIDER WORLD Employment Employment rights, giving and receiving constructive feedback, managing 'personal brand' online, habits and strategies to support progress, support for online concerns. RESPONSIBILITY INDEPENDENCE EQUALITY



	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 10	HEALTH AND WELLBEING Mental Health <i>Transition into KS4, emotional and mental ill health including depression, anxiety, OCD, schizophrenia, stress and management, grief, loss and isolation, stigma and positive thinking.</i>	RELATIONSHIPS Respectful relationships Families and parenting, diverse family structures, healthy relationships, conflict resolution, Ideologies in relationships including: Misogyny and violence against women and girls and Misandry.	RE (6 weeks)	RE (2 weeks)	RELATIONSHIPS Healthy relationships Relationships and sex expectations, pleasure and challenges, including <i>the impact of the media and pornography</i> <i>Recognising abusive relationships.</i>	HEALTH AND WELLBEING Personal safety Roads, railways and water. Peer influence Positive and negative role models, impact of substances on individuals and wider communities, addiction, crime, media's perception of gang culture, handling peer pressure and exit strategies. DEMOCRACY RESPONSIBILITY INDEPENDENCE EQUALITY
	RESPONSIBILITY INDEPENDENCE VALUE	PREVENT and toxic masculinity RESPONSIBILITY INDEPENDENCE VALUE EQUALITY		LIVING IN THE WIDER WORLD Financial education Financial exploitation and the law, including: scamming and gambling. Effective budgeting, managing finances and preventing debt. RESPONSIBILITY INDEPENDENCE	RESPONSIBILITY INDEPENDENCE VALUE EQUALITY	

