	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, Communities, belonging and challenging extremism PREVENT and toxic masculinity, freedom of speech, misinformation and disinformation 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. ***Post 16- broad scope*** **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** Transition into KS4, emotional and mental ill health including depression, anxiety, OCD, schizophrenia, stress and management, grief, loss and isolation, stigma and positive thinking. RESPONSIBILITY INDEPENDENCE VALUE	LIVING IN THE WIDER WORLD **Accessing the working world** Post Secondary education Labour market Careers **Financial education** Financial exploitation and the law, including: scamming and gambling. Effective budgeting, managing finances and preventing debt. **Role models and responsibility** Drugs and alcohol Gang culture Positive role models RESPONSIBILITY INDEPENDENCE LIVING IN THE WIDER WORLD	RE (6 weeks) **Morals and Ethics:** Introduction: HR and Moral issues, use of wealth and wealth inequality, homophobia, sexism, women's status.	RE (3 weeks) **Morals and Ethics:** Racism and Slavery, freedom of religion, Abortion. RELATIONSHIPS **Respectful relationships** Families and parenting, healthy relationships, conflict resolution, violence against women and girls RESPONSIBILITY INDEPENDENCE VALUE EQUALITY LIVING IN THE WIDER WORLD	RELATIONSHIPS **Healthy relationships** Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography Recognising abusive relationships. RESPONSIBILITY INDEPENDENCE VALUE EQUALITY	HEALTH AND WELLBEING **Personal safety** Roads, railways and water. LIVING IN THE WIDER WORLD **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

Year 11	**AUTUNM 1** HEALTH AND WELL BEING **Mental Health and well-being** Suicide prevention Self-Harm Awareness Stigma RESPONSIBILITY INDEPENDENCE	**AUTUMN 2** LIVING IN THE WIDER WORLD **Life after Secondary School** Making informed, independent decisions, Post 16 options, different paths to further education RESPONSIBILITY INDEPENDENCE LIVING IN THE WIDER WORLD	**SPRING 1** RELATIONSHIPS **British Values and Democracy** Divisive rhetorics, Recognising agendas, micro aggressions LIVING IN THE WIDER WORLD EQUALITY VALUES	**SPRING 2** INDEPENDENT LIVING **Financial Risks** Online Gambling risks, Potential accumulation of Debt, financial pressures, scams LIVING IN THE WIDER WORLD INDEPENDENCE RESPONSIBILITY	**SUMMER 1**	**SUMMER 2**

Post 16	HEALTH AND WELL BEING Mental health and emotional well-being Men's mental health Stress and performance Stress management and mindfulness Fears and anxiety Fear of failure Overcoming worry Self-concept and identity Social media and well-being Sleep and learning Food choices and healthy lifestyles Sexual health and contraception Sexually transmitted infections (STIs) Smoking and vaping Alcohol awareness Alcohol spiking Drugs, addiction and substance misuse Substance addiction Online gambling and gambling-related harms Safety instincts and personal safety Exam stress and feeling overwhelmed Resilience and coping strategies Happiness, kindness and well-being RESPONSIBILITY INDEPENDENCE	LIVING IN THE WIDER WORLD Financial literacy and independence Budgeting, banking and credit cards Mortgages, payslips and taxation Payday loans, saving and investing Gambling and financial decision-making Careers education and guidance CV writing and interview skills Work experience and employability Work experience reflection Apprenticeships and alternative pathways University and higher education UCAS applications and personal statements Post-18 choices and future pathways Moving out of home and independent living Study skills and independent learning Organisation, effort and good habits Growth mindset and resilience Revision skills and examination preparation Democracy, voting and citizenship Human rights and equality Social responsibility and community participation British values and school values Environmental responsibility and sustainability Climate, oceans and protecting the planet Black History Month and racial equality Refugee awareness and inclusion Holocaust Memorial Day and remembrance Religious festivals, beliefs and cultural understanding Digital citizenship and online safety RESPONSIBILITY INDEPENDENCE LIVING IN THE WIDER WORLD	RELATIONSHIPS Online and offline dating Healthy relationships Controlling and coercive behaviour Consent and coercion Sexual health and relationships Respect, kindness and empathy Equality, tolerance and mutual respect Diversity and inclusion LGBTQ+ awareness and Pride Gender equality and International Women's Day Bullying, prejudice and discrimination LIVING IN THE WIDER WORLD EQUALITY VALUES RESPONSIBILITY