

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Employability skills Employability and online presence
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Work experience Preparation for and evaluation of work experience and readiness for work
Year 11	Building for the future Self-efficacy, stress management, and future opportunities	Next steps Application processes, and skills for further education, employment and career progression	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Independence Responsible health choices, and safety in independent contexts	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	

	Autumn 1 Health & wellbeing	Autumn 1 Relationships	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Living in the wider world	Summer 1 Living in the wider world
Year 12	<p>Mental Health and Emotional Wellbeing</p> <p>Recognise signs of change in mental health and wellbeing, strategies for building and maintaining positive mental health, including managing stress and anxiety</p> <p>Recognise common mental health issues such as anxiety, depression, eating disorders, self-harm and compulsive behaviours.</p> <p>Recognise when they, or others, need support with their mental health and effective strategies to address difficulties and promote wellbeing</p> <p>Analyse and evaluate support available to manage common mental health issues, and how to access the most appropriate support</p>	<p>Relationship Values</p> <p>How to articulate their relationship values and to apply them in different types of relationships</p> <p>To recognise and challenge prejudice and discrimination and understand rights and responsibilities with regard to inclusion</p> <p>To recognise, respect and, if appropriate, challenge the ways different faith or cultural views influence relationships</p> <p>Forming and Maintaining Respectful Relationships</p> <p>To manage mature friendships, including making friends in new places</p> <p>To manage personal safety in new relationships, including online activity or when meeting someone for the first time whom they met online</p> <p>To develop and maintain healthy, pleasurable relationships and explore different levels of emotional intimacy</p> <p>To evaluate different degrees of emotional intimacy in relationships, the role of pleasure, how they understand the difference between 'love' and 'lust'</p> <p>To use constructive dialogue to support relationships and negotiate difficulties</p>	<p>Contraception and Parenthood</p> <p>To understand the implications of unintended pregnancy and young parenthood; to recognise the advantages of delaying conception, whilst acknowledging the changes in fertility with age</p> <p>To negotiate, and if necessary be able to assert, the use of contraception with a sexual partner</p> <p>How to effectively use different contraceptives, including how and where to access them</p> <p>To evaluate the most appropriate methods of contraception in different circumstances (including emergency contraception)</p> <p>To access the pathways available in the event of an unintended pregnancy and understand the importance of getting advice and support</p> <p>Bullying, Abuse and Discrimination</p> <p>To recognise and manage negative influence, manipulation and persuasion in a variety of contexts, including online</p> <p>To recognise and manage different forms of abuse, sources of support and exit</p>	<p>Sexual Health</p> <p>To develop a nuanced understanding of how to select appropriate contraception in different contexts and relationships</p> <p>Understand how to reduce the risk of contracting or passing on a sexually transmitted infection (STI)</p> <p>Learn how to take responsibility for their sexual health and know where, and how, to access local and national advice, diagnosis and treatment</p> <p>To consider drug use in relation to the risks, effects and law</p> <p>To consider drug use in relation to the risks, effects and law</p> <p>To understand how alcohol and drug use can affect decision making and personal safety, including looking out for friends, safe travel and drink-spiking</p> <p>The impact of alcohol and drug use on road safety, work-place safety, reputation and career</p> <p>The risks of being a passenger with an intoxicated driver and ways to manage this</p>	<p>Financial Choices</p> <p>How to plan expenditure and budget for changes in circumstances (e.g. when moving out or going to university)</p> <p>To understand and manage salary deductions including taxation, national insurance and pensions</p> <p>To evaluate savings options</p> <p>To exercise consumer rights, including resolving disputes and accessing appropriate support</p> <p>To manage financial contracts including, mobile phone services and renting items and accommodation; how to identify appropriate advice</p> <p>To evaluate the potential gains and risks of different debt arrangements and repayment implications</p> <p>To evaluate the risks in different financial ventures including illegal schemes e.g. illegal money transfers</p>	<p>Work and Career</p> <p>How to identify and evidence their strengths and skills when applying and interviewing for future roles and opportunities</p> <p>How to produce a concise and compelling curriculum vitae and prepare effectively for interviews</p> <p>How to recognise career possibilities in a global economy</p> <p>Employer Rights and Responsibilities</p> <p>Their rights and responsibilities as students in casual, part-time jobs, including in the 'gig economy'</p> <p>The importance of professional conduct and how it can be demonstrated in different workplaces including following health and safety protocols</p> <p>To understand and appreciate the importance of workplace confidentiality and security including cyber-security and data protection</p> <p>To recognise bullying and harassment in the workplace in all its forms and ways to seek or provide support to resolve the situation</p> <p>The role of trade unions and professional organisations; when and how to constructively challenge workplace behaviours</p>

To manage the ending of relationships safely and respectfully, including online
To recognise the opportunities to build meaningful relationships in the workplace and the boundaries around professional relationships

Consent

To understand the moral and legal responsibilities that someone seeking consent has, and the importance of respecting and protecting people's right to give, not give, or withdraw their consent (in all contexts, including online)

To understand the emotional, physical, social and legal consequences of failing to respect others' right not to give or to withdraw consent

How to recognise, and seek help in the case of, sexual abuse, exploitation, assault or rape, and the process for reporting to appropriate authorities

strategies for unhealthy relationships

To recognise forced marriage and 'honour' based violence; to get help for themselves or others they believe to be at immediate or future risk

To understand their rights in relation to harassment

(including online) and stalking, how to respond and how to access support
Strategies to recognise, de-escalate and exit aggressive social situations

To evaluate the dangers and consequences of being involved in gangs, serious organised crime or carrying a weapon

Ways to celebrate cultural diversity, promote inclusion and safely challenge prejudice and discrimination

HE week – collapsed timetable

How to apply for university, the range of courses available and career progression, UCAS national Convention visit.

Understand how to complete UCAS form and work on personal statements.

Use of Unifrog to develop understanding of wide range of courses on offer and routes to professions.

	Autumn 1 Living in the wider world	Autumn 2 Living in the wider world	Spring 1 Looking after yourself	Spring 2 Managing Risk and Personal Safety	Summer 1 Revision Skills	Summer 2 N/A
Year 13	<p>Next Steps Where to next? Completion of UCAS application forms and personal statements. Review of available Degree and Higher Apprenticeships and experience of these in the work place.</p>	<p>Media Literacy and Digital Resilience To set and maintain clear boundaries around personal privacy and to manage online safety in all its forms, To effectively challenge online content that adversely affects their personal or professional reputation To build and maintain a positive professional online presence, using a range of technologies, how social media can expand, limit or distort perspectives and recognise how content they create and share may contribute to, or challenge this. To be a critical consumer of online information in all its forms, including recognising bias, propaganda and manipulation. When and how to report or access help for themselves or others in relation to extremism and radicalisation</p>	<p>Looking after yourself Living and learning on a budget How much money do you have when at university? In your first job? What are your incomings? What are your outgoings? What are your priorities? Healthy eating Nutrition and healthy eating Planning balanced meals Basic cooking skills</p>	<p>Managing Risk and Personal Safety To assess and manage risk and personal safety online and examining support in place to safeguard you and others Travel Safety To travel safely around the UK and abroad; understand legal rights and responsibilities when travelling abroad, including passport, visa and insurance requirements Cycle safety, passenger safety, using licensed taxis and getting home safely First Aid To learn how to perform first aid Evaluate when to summon emergency services, irrespective of any potential legal implications, for example, when the situation involves alcohol, drugs, gangs or violent crime</p>	Collating and reviewing the revision skills done during tutor time, plan a final revision timetable for the weeks running up to and covering the examination period	