
	<u>Self Concept</u>	<u>Mental Health and Wellbeing</u>	<u>Healthy lifestyles</u>	<u>Drugs Alcohol Tobacco</u>	<u>Managing risk and personal safety</u>	<u>Puberty</u>	<u>Sexual Health</u>
<u>Year 7</u> Term 1 Health and Wellbeing	We are all unique Personal strengths How to build self confidence	Characteristics of mental and emotional health	The importance of a balanced relationship between school, leisure and online activities	What are the positive and negative uses of drugs in society? The difference between legal and illegal drugs	What is risky behaviour? How to manage personal safety. (including online)	Physical and mental changes during puberty	What is contraception? Why might we need to use contraception?
Term 2 Relationships	<u>Positive Relationships</u> Roles and responsibilities Types of families	<u>Relationship values</u> The difference between friendship and sexual relationships	<u>Forming and maintaining positive relationships</u> Appropriate and inappropriate behaviour	<u>Consent</u> What is consent? What is the law around consent? Sexting	<u>Contraception and parenthood</u> What is contraception? How is it used in a healthy relationship?	<u>Bullying,</u> What are the characteristics of an abusive behaviour Grooming Harassment Abuse Exploitation	<u>Social Influences</u> What is Risky behaviour? Gangs

Term 3 Living in the wider world CAIG	<u>Learning skills</u> Strengths Skills Qualities Values	<u>Choices and pathways</u> Options at the end of KS3 Skills to manage this decision making process	<u>Work and Career</u> Different types and patterns of work	<u>Employment rights and responsibilities</u> Appropriate and inappropriate behaviour in the workplace	<u>Financial choices</u> Managing risk in relation to making financial decisions	<u>Media Literacy and Digital resilience</u> Develop strategies to safely manage personal information and images online, including on social media	<u>Media Literacy and Digital resilience</u> What to do when things go wrong online
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 <p>Year 8 Term 1</p> <p>Health and Wellbeing</p>	<p><u>Self Concept</u></p> <p>How to promote wellbeing How to be resilient</p>	<p><u>Mental Health and Wellbeing</u></p> <p>What is mental Health Stigma? How to seek help regarding mental health concerns</p>	<p><u>Healthy lifestyles</u></p> <p>Importance of physical activity, sleep and a balanced diet</p>	<p><u>Drugs Alcohol Tobacco</u></p> <p>Long and short term consequences of alcohol and nicotine</p>	<p><u>Managing risk and personal safety</u></p> <p>The risks associated with gambling</p>	<p><u>Puberty</u></p> <p>Personal Hygiene during puberty</p>	<p><u>Sexual Health</u></p> <p>Types of contraception Advantages and disadvantages</p>
<p>Term 2</p> <p>Relationships</p>	<p><u>Positive Relationships</u></p> <p>What makes a good friend? How to recognise when a friend is in trouble and what to do</p>	<p><u>Relationship values</u></p> <p>Trust within a relationship Behaviours that can undermine or build trust</p>	<p><u>Forming and maintaining positive relationships</u></p> <p>How to manage strong feelings and conflict within a relationship</p>	<p><u>Consent</u></p> <p>How to seek, give, not give and withdraw consent Are you ready for sexual intimacy?</p>	<p><u>Contraception and parenthood</u></p> <p>Risks of unprotected sex</p>	<p><u>Bullying</u></p> <p>Skills and strategies for managing abusive behaviour</p>	<p><u>Risky behaviour</u></p> <p>Understand strategies to manage pressure to join a gang, exit strategies and how to access appropriate support</p>

Term 3 Living in the wider world	<u>Learning skills</u> SMART Targets	<u>Choices and pathways</u> Routes into work, training and other vocational and academic opportunities , and progression routes	<u>Work and Career</u> The benefits of Voluntary work	<u>Employment rights and responsibilities</u> Young people's rights and responsibilities in the workplace	<u>Financial choices</u> Debt awareness	<u>Media Literacy and Digital resilience</u> How to make informed decisions about whether different media and digital content are appropriate to view and develop the skills to act on them	<u>Media Literacy and Digital resilience</u> What to do when things go wrong online
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Year 9
Term 1
Health and Wellbeing

	<u>Self Concept</u> The impact of the media on body image strategies to deal with this	<u>Mental Health and Wellbeing</u> How to boost mood. The value of positive relationships Unhealthy coping strategies	<u>Healthy lifestyles</u> My increased responsibility for my physical health Personal Hygiene Dentist appointments	<u>Drugs Alcohol Tobacco</u> Substance use and misuse and the law	<u>Managing risk and personal safety</u> Basic first aid CPR Use of defibrillators	<u>Puberty</u> Mental Health during puberty	<u>Sexual Health</u> What are STi's? How do I protect myself from STIs' ? Where do I go if I think I have an STI?
Term 2 Relationships	<u>Positive Relationships</u> Recognising unhealthy friendships What to do when you're in a toxic relationship	<u>Relationship values</u> Gender roles Intimacy within a relationship Delay	<u>Forming and maintaining positive relationships</u> How to deal with the breakdown of a relationship The effects of change	<u>Consent</u> How to manage a request to share an image of yourself	<u>Contraception and parenthood</u> How to deal with an unexpected pregnancy The roles of parents, children and carers in families	<u>Bullying</u> Highlight unacceptability of prejudice-based language, including sexism, homophobia, biphobia, transphobia, racism, ableism and faith-based prejudice	<u>Risky behaviour</u> Consequences of carrying weapons and strategies for managing pressure to carry a weapon

Term 3	<u>Learning skills</u>	<u>Choices and pathways</u>	<u>Work and Career</u>	<u>Employment rights and responsibilities</u>	<u>Financial choices</u>	<u>Media Literacy and Digital resilience</u>	<u>Media Literacy and Digital resilience</u>
Living in the wider world	Skills Attributes for employment and enterprise	The benefits of being aspirational Skills to recognise and challenge stereotypes and family or cultural expectations that may limit aspirations	Different work roles and career pathways, including clarifying and thinking about their own early aspirations	Managing emotions in relation to future employment	Financial exploitation in different contexts e.g. drug and money mules, online scams	How to respond appropriately when things go wrong online, including confidently accessing support, reporting to authorities and platform	What to do when things go wrong online

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Year 10 Term 1

Health and Wellbeing

Self Concept

How to build self confidence.
How to develop positive mental health.
How to be resilient

Mental Health and Wellbeing

How to show compassion and empathy for others.
How do my actions affect others?

Healthy lifestyles

How to recognise when you or a friend needs help.
Signposting relevant agencies

Drugs Alcohol Tobacco

Healthy choices regarding sleep/diet/exercise

Managing risk and personal safety

Substance misuse

Sexual Health

Sexual Health Services/STI's/pregnancy and miscarriage

Term 2 Relationships

Positive Relationships

Healthy relationships.
Protected characteristics /Equality Act 2010

Relationship values

Love, trust, delay

Forming and maintaining positive relationships

Managing change, loss, divorce and bereavement

Consent

The law around consent,
Online safety, sexting and sextortion

Contraception and parenthood

The law around marriage/forced marriage/honour based violence

Risky behaviour

Crime/Cybercrime and gang activity

Term 3	<u>Learning skills</u>	<u>Choices and pathways</u>	<u>Work and Career</u>	<u>Employment rights and responsibilities</u>	<u>Financial choices</u>	<u>Media Literacy and Digital resilience</u>
Living in the wider world	How to identify personal strengths. How do my strengths link to my future employability?	How to challenge stereotypes about career pathways. Why should I aim high? Where can I access additional support?	Local/national and international employability. The changing patterns of employment. How to cultivate career opportunities online	Rights and responsibilities at work. Confidentiality in the workplace. How to challenge discrimination and harassment in the workplace	Budgeting and saving. How to access support for financial decision making. How do I challenge financial exploitation online	Digital footprint How to manage misinformation online. How to recognise and challenge extreme viewpoints that incite violence online

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**Year 11
Term 1**

**Health and
Wellbeing**

Self Concept

How to be resilient.
How to manage life changes.
How to prepare for my next life phase

Mental Health and Wellbeing

How to manage stress and anxiety.
How can I develop effective strategies to promote well-being

Healthy lifestyles

How to monitor my personal well-being.
(Including cervical screening and testicular cancer)

Drugs Alcohol Tobacco

Purpose of blood/organ/stem donation

Managing risk and personal safety

How to take responsibility for my sexual health

Sexual Health

Understand how drugs and alcohol can affect decision making and personal safety.
Awareness of drink spiking

Term 2 Relationships

Positive Relationships

Realistic expectations within intimate relationships

Relationship values

Building and maintaining relationships in the workplace

Forming and maintaining positive relationships

How to manage new relationships in new settings.

Consent

How to recognise sexual abuse and exploitation

Contraception and parenthood

Effective methods of contraception.
Pregnancy and how to get help and guidance

Risky behaviour

Dangers of carrying weapons.
Strategies to exit dangerous social situations

Term 3	<u>Learning skills</u>	<u>Choices and pathways</u>	<u>Work and Career</u>	<u>Employment rights and responsibilities</u>	<u>Financial choices</u>	<u>Media Literacy and Digital resilience</u>
Living in the wider world	How to evaluate my next steps.	How to set realistic and ambitious goals.	Preparation for applying for jobs/interview preparation.	Personal/professional conduct in the workplace.	Budgeting/Taxation/National insurance and pensions.	My digital footprint and positive online presence.

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	RSE
	CAIG