

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<ul style="list-style-type: none"> Transition to secondary school and personal safety in and outside school, including first aid. How we are all unique, that recognising and demonstrating personal strengths build self-confidence, self esteem and good health and wellbeing. To understand what can affect well being and resilience (eg. life changes, relationships, achievements and employment). study, organisational, research and presentation skills to review their strengths, interests, skills, qualities and values and how to develop them to set realistic yet ambitious targets and goals Developing Skills and Aspirations Careers, teamwork and enterprise skills, and raising aspirations. Gatsby Benchmark 4 	<ul style="list-style-type: none"> how to identify risk and manage personal safety in increasingly independent situations, including online ways of assessing and reducing risk in relation to health, wellbeing and personal safety How to identify and articulate a range of emotions accurately and sensitively, using appropriate vocabulary. The characteristics of mental and emotional health and strategies for managing these the positive and negative uses of drugs in society including the safe use of prescribed and over the counter medicines; responsible use of antibiotics to evaluate misconceptions, social norms and cultural values relating to drug, alcohol and tobacco use strategies to manage a range of influences on drug, alcohol and tobacco use, including peers 	<ul style="list-style-type: none"> strategies to manage the physical and mental changes that are a typical part of growing up, including puberty and menstrual wellbeing Personal Hygiene/ Hygiene in Islam about different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect them indicators of positive, healthy relationships and unhealthy relationships, including online about the similarities, differences and diversity among people of different race, culture, ability, sex, gender identity, age and sexual orientation 	<ul style="list-style-type: none"> the roles and responsibilities of parents, carers and children in families the nature and importance of stable, long-term relationships (including marriage and civil partnerships) for family life and bringing up children how to safely and responsibly form, maintain and manage positive relationships, including online the effects of change, including loss, separation, divorce and bereavement; strategies for managing these and accessing support the services available to support healthy relationships and manage unhealthy relationships, and how to access them the qualities and behaviours they should expect and exhibit in a wide variety of positive relationships (including in school and wider society, family and friendships, including online) 	<ul style="list-style-type: none"> to recognise bullying, and its impact, in all its forms; the skills and strategies to manage being targeted or witnessing others being bullied the impact of stereotyping, prejudice and discrimination on individuals and relationships about the unacceptability of prejudice-based language and behaviour, offline and online, including sexism, homophobia, biphobia, transphobia, racism, ableism and faith-based prejudice the need to promote inclusion and challenge discrimination, and how to do so safely, 	<ul style="list-style-type: none"> to assess and manage risk in relation to financial decisions that young people might make about values and attitudes relating to finance, including debt to manage emotions in relation to money to evaluate social and moral dilemmas about the use of money, including the influence of advertising and peers on financial decisions to recognise financial exploitation in different contexts e.g. drug and money mules, online scams

Year 8	<ul style="list-style-type: none"> Transition to Year 8 and personal safety in and outside school, including first aid. The impact that media and social media can have on how people think about themselves and express themselves, including regarding body image, physical and mental health. Simple strategies to help build resilience to negative opinions, judgements and comments. To recognise and manage internal and external influences on decisions which affect health and wellbeing comments. the risks associated with gambling and recognise that chance-based transactions can carry similar risks; strategies for managing peer and other influences relating to gambling 	<ul style="list-style-type: none"> Strategies to understand and build resilience, as well as how to respond to disappointments and setbacks. A range of healthy coping strategies and ways to promote well-being and boost mood, including physical activity, participation and value of positive relationships and providing support. information about alcohol, nicotine and other legal and illegal substances, including the short-term and long-term health risks associated with their use Vapping the personal and social risks and consequences of substance use and misuse including occasional use the law relating to the supply, use and misuse of legal and illegal substances about the concepts of dependence and addiction including awareness of help to overcome addictions 	<ul style="list-style-type: none"> the difference between biological sex, gender identity and sexual orientation & to recognise that sexual attraction and sexuality are diverse that marriage is a legal, social and emotional commitment that should be entered into freely, and never forced upon someone through threat or coercion – Marriage and Islam. that consent is freely given; that being pressurised, manipulated or coerced to agree to something is not giving consent, and how to seek help in such circumstances to develop conflict management skills and strategies to reconcile after disagreements to manage the strong feelings that relationships can cause (including sexual attraction) the impact of sharing sexual images of others without consent how to manage any request or pressure to share an image of 	<ul style="list-style-type: none"> to further develop and rehearse the skills of team working to further develop the skills of active listening, clear communication, negotiation and compromise strategies to identify and reduce risk from people online that they do not already know; when and how to access help <p>the skills and attributes that employers value</p> <p>the skills and qualities required to engage in enterprise</p> <p>the importance and benefits of being a lifelong learner</p> <p>Developing Skills and Aspirations Careers, teamwork and enterprise skills, and raising aspirations. Gatsby Benchmark 4</p>	<ul style="list-style-type: none"> to recognise peer influence and to develop strategies for managing it, including online the role peers can play in supporting one another to resist pressure and influence, challenge harmful social norms and access appropriate support that the need for peer approval can generate feelings of pressure and lead to increased risk-taking; strategies to manage this about the factors that contribute to young people joining gangs; the social, legal and physical consequences of gang behaviours strategies to manage pressure to join a gang, exit strategies and how to access appropriate support motivations, misconceptions and consequences of carrying weapons and strategies for managing pressure to carry a weapon 	<ul style="list-style-type: none"> that features of the internet can amplify risks and opportunities, e.g. speed and scale of information sharing, blurred public and private boundaries and a perception of anonymity to establish personal values and clear boundaries around aspects of life that they want to remain private; strategies to safely manage personal information and images online, including on social media the benefits and positive use of social media, including how it can offer opportunities to engage with a wide variety of views on different issues to recognise the importance of seeking a variety of perspectives on issues and ways of assessing the evidence which supports those views

			themselves or others, and how to get help			
Year 9	<ul style="list-style-type: none"> The role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices. What might influence decisions about eating a balanced diet and strategies to manage eating choices. The importance of taking increased responsibility for their own physical health including dental check-ups, sun safety and self-examination (especially breast self-examination in late KS3); the purpose of vaccinations offered during adolescence for individuals and society, the causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders, and the need to seek help for themselves or others as soon as possible how to recognise when they or others need help with their mental health and wellbeing; sources of help and support and strategies for accessing what they need how to access health 	<ul style="list-style-type: none"> that the portrayal of sex in the media and social media (including pornography) can affect people's expectations of relationships and sex that consent is freely given; that being pressurised, manipulated or coerced to agree to something is not giving consent, and how to seek help in such circumstances the impact of sharing sexual images of others without consent.- how& where to seek help that certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain sexually transmitted infections (STIs) the risks and facts associated with female genital mutilation (FGM), its status as a criminal act and strategies to safely access support for themselves or others who may be at risk, or who have already been subject to FGM the use of defibrillators about the purpose, 	<ul style="list-style-type: none"> how to get help in an emergency and perform basic first aid, including cardio-pulmonary resuscitation (CPR) and different types and patterns of work, including employment, self-employment and voluntary work; that everyone has a different pathway through life, education and work about different work roles and career pathways, including clarifying their own early aspirations about young people's employment rights and responsibilities to manage emotions in relation to future employment <p>Employability Skills Employability and online presence Gatsby Benchmark 4.</p> <p>Options booklets. Choices and careers paths Gatsby benchmark 2</p>	<ul style="list-style-type: none"> about the options available to them at the end of key stage 3, sources of information, advice and support, and the skills to manage this decision-making process about routes into work, training and other vocational and academic opportunities, and progression routes the benefits of setting ambitious goals and being open to opportunities in all aspects of life to recognise and challenge stereotypes and family or cultural expectations that may limit aspirations 	<ul style="list-style-type: none"> the characteristics of abusive behaviours, such as grooming, sexual harassment, sexual and emotional abuse, violence and exploitation; to recognise warning signs, including online; how to report abusive behaviours or access support for themselves or others to manage the influence of drugs and alcohol on decision-making within relationships and social situations how to manage the breakdown of a relationship (including its digital legacy), loss and change in relationships To learn about drugs/ country lines and vulnerability to joining a drugs line. 	<ul style="list-style-type: none"> to understand how the way people present themselves online can have positive and negative impacts on them to make informed decisions about whether different media and digital content are appropriate to view and develop the skills to act on them that on any issue there will be a range of viewpoints; to recognise the potential influence of extreme views on people's attitudes and behaviours to respond appropriately when things go wrong online, including confidently accessing support, reporting to authorities and platforms

	services when appropriate	importance and different forms of contraception; how and where to access contraception and advice				
Year 10	<ul style="list-style-type: none"> to accurately assess their areas of strength and development, and where appropriate, act upon feedback how self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this. how different media portray idealised and artificial body shapes; how this influences body satisfaction and body image and how to critically appraise what they see and manage feelings about this. strategies to develop assertiveness and build resilience to peer and other influences that affect both how they think about themselves and their health and wellbeing to evaluate and further develop their study and employability skills to evaluate their own personal strengths and areas for development and use this to inform goal setting 	<ul style="list-style-type: none"> to make informed lifestyle choices regarding sleep, diet and exercise the benefits of having a balanced approach to spending time online to identify, evaluate and independently access reliable sources of information, advice and support for all aspects of physical and mental health about the health services available to people; strategies to become a confident user of the NHS and other health services; to overcome potential concerns or barriers to seeking help the purpose of blood, organ and stem cell donation for individuals and society¹ how to take increased personal responsibility for maintaining and monitoring health including cancer prevention, screening and self-examination to assess and manage risks associated with cosmetic and aesthetic procedures, including 	<ul style="list-style-type: none"> the consequences of substance use and misuse for the mental and physical health and wellbeing of individuals and their families, and the wider consequences for communities wider risks of illegal substance use for individuals, including for personal safety, career, relationships and future lifestyle to identify, manage and seek help for unhealthy behaviours, habits and addictions including smoking cessation to increase confidence in performing emergency first aid and life-saving skills, including cardio-pulmonary resuscitation (CPR) and the use of defibrillators about the range of opportunities available to them for career progression, including in education, training and employment about the need to challenge stereotypes about particular career 	<ul style="list-style-type: none"> strategies to manage the strong emotions associated with the different stages of relationships to safely and responsibly manage changes in personal relationships including the ending of relationships. ways to manage grief about changing relationships including the impact of separation, divorce and bereavement; sources of support and how to access them the opportunities and potential risks of establishing and conducting relationships online, and strategies to manage the risks. Risks associated with sexting and sharing images online. the legal and ethical responsibilities people have in relation to online aspects of relationships to recognise unwanted attention (such as harassment and stalking including online), ways to respond and how to seek 	<ul style="list-style-type: none"> to recognise when others are using manipulation, persuasion or coercion and how to respond the law relating to abuse in relationships, including coercive control and online harassment to recognise when a relationship is abusive and strategies to manage this the skills and strategies to respond to exploitation, bullying, harassment and control in relationships about the challenges associated with getting help in domestic abuse situations of all kinds; the importance of doing so; sources of appropriate advice and support, and how to access them The law relating to 'honour'-based violence and forced marriage; the consequences for individuals and wider society and ways to access support 	<ul style="list-style-type: none"> about the labour market, local, national and international employment opportunities about employment sectors and types, and changing patterns of employment to research, secure and take full advantage of any opportunities for work experience that are available to develop their career identity, including values in relation to work, and how to maximise their chances when applying for education or employment opportunities the benefits and challenges of cultivating career opportunities online strategies to manage their online presence and its impact on career opportunities how to effectively budget, including the benefits of saving & how to effectively make financial decisions, including recognising the opportunities and challenges involved in taking financial risks to recognise and manage the range of influences on their financial decisions to access appropriate support for financial decision-making

	<ul style="list-style-type: none"> • how their strengths, interests, skills and qualities are changing and how these relate to future career choices and employability • to research, secure and take full advantage of any opportunities for work experience that are available 	<p>tattooing, piercings and the use of sunbeds H18. the ways in which industries and advertising can influence health and harmful behaviours</p>	<p>pathways, maintain high aspirations for their future and embrace new opportunities</p> <ul style="list-style-type: none"> • about the information, advice and guidance available to them on next steps and careers; how to access appropriate support and opportunities 	<p>help</p> <ul style="list-style-type: none"> • ways to access information and support for relationships including those experiencing difficulties 	<ul style="list-style-type: none"> • strategies to challenge all forms of prejudice and discrimination 	<p>and for concerns relating to money, gambling, and consumer rights</p> <ul style="list-style-type: none"> • the skills to challenge or seek support for financial exploitation in different contexts including online
Year 11	<ul style="list-style-type: none"> • the characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people's mental health. • about change and its impact on mental health and wellbeing and to recognise the need for emotional support during life changes and/or difficult experiences . • a broad range of strategies — cognitive and practical — for promoting their own emotional wellbeing, for avoiding negative thinking and for ways of managing mental health concerns. • to recognise warning signs of common mental and emotional health concerns (including stress, anxiety and depression), what might trigger them and what help or 	<ul style="list-style-type: none"> • ways to identify risk and manage personal safety in new social settings, workplaces, and environments, including online • strategies for identifying risky and emergency situations, including online; ways to manage these and get appropriate help, including where there may be legal consequences (e.g. drugs and alcohol, violent crime and gangs) • to increase confidence in performing emergency first aid and life-saving skills, including cardio-pulmonary resuscitation (CPR) and the use of defibrillators • to understand and build resilience to thinking errors associated with gambling (e.g. 'gambler's fallacy') the range of gambling-related harms, 	<ul style="list-style-type: none"> • the different types of intimacy — including online — and their potential emotional and physical consequences (both positive and negative) • about specific STIs, their treatment and how to reduce the risk of transmission • how to respond if someone has, or may have, an STI (including ways to access sexual health services) • to overcome barriers, (including embarrassment and misconceptions) about sexual health and the use of sexual health services • about healthy pregnancy and how lifestyle choices affect a developing foetus • that fertility can vary in all people, changes over 	<ul style="list-style-type: none"> • the characteristics and benefits of strong, positive relationships, including mutual support, trust, respect and equality . the role of pleasure in intimate relationships • to respond appropriately to indicators of unhealthy relationships, including seeking help where necessary • the importance of stable, committed relationships, including the rights and protections provided within legally recognised marriages and civil partnerships and the legal status of other long-term relationships • the legal rights, responsibilities and protections provided by the Equality Act 2010 R • about diversity in romantic and sexual attraction and developing sexuality, including 	<ul style="list-style-type: none"> • how to choose and access appropriate contraception (including emergency contraception) and negotiate contraception use with a partner • the physical and emotional responses people may have to unintended pregnancy; the different options available; whom to talk to for accurate, impartial advice and support • the importance of parenting skills and qualities for family life, the implications of young parenthood and services that offer support for new parents and families • the reasons why people choose to adopt/foster children • about the current legal position on abortion 	EXAMS & REVISION

	<ul style="list-style-type: none"> treatment is available the importance of and ways to pre-empt common triggers and respond to warning signs of unhealthy coping strategies, such as self-harm and eating disorders in themselves and others how to recognise when they or others need help with their mental health and wellbeing; to explore and analyse ethical issues when peers need help; strategies and skills to provide basic support and identify and access the most appropriate sources of help 	and how to access support for themselves or others	time (including menopause) and can be affected by STIs and other lifestyle factors <ul style="list-style-type: none"> about the possibility of miscarriage and support available to people who are not able to conceive or maintain a pregnancy about choices and support available in the event of an unplanned pregnancy, and how to access appropriate help and advice 	sources of support and reassurance and how to access them <ul style="list-style-type: none"> strategies to access reliable, accurate and appropriate advice and support with relationships, and to assist others to access it when needed R8. to understand the potential impact of the portrayal of sex in pornography and other media, including on sexual attitudes, expectations and behaviours to understand a variety of faith and cultural practices and beliefs concerning relationships and sexual activity; to respect the role these might play in relationship values 	and the range of beliefs and opinions about it	
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External employers visit , Guest speakers (for all year groups),Gatsby benchmark 5

KEY- yellow highlighted- Health and well being

No highlights- Relationships

Grey highlights- living in the wider world

Blue highlights- Careers