



Year 7						
	Autumn 1 Health & wellbeing	Autumn 2 Relationships	Spring 1 Living in the wider world	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	<p>Transition and friendships</p> <p>Transition to secondary school and new friendships, being part of a team recognising new people and establishing new routines</p> <p>RRS links Article 3, 7, 8, 15,</p>	<p>Diversity</p> <p>Diversity with the community and school. Respecting others and their beliefs.</p> <p>(RRS links Articles 14,30,37,40)</p>	<p>Politics and democracy</p> <p>What are politics and why are they important to us?</p> <p>Who runs the country and what are their responsibilities?</p> <p>(RRS link Articles 4, 7, 22, 26)</p>	<p>Health and puberty</p> <p>Personal Hygiene and Puberty (changes in body/menstruation)</p> <p>Hormones and feelings – recognising and naming emotions (5 point scale)</p> <p>(RRS links Articles 12, 16, 17, 19, 23, 24, 27)</p>	<p>Rights Respecting schools</p> <p>Individuality and the rights of a child and Global Goals</p> <p>(RRS links Articles – all)</p>	<p>Staying safe</p> <p>Road safety</p> <p>What to do in an Emergency -Basic first aid and CPR.</p> <p>Water safety</p> <p>Personal safety, sun safety and decision making</p> <p>(RRS links Articles 3, 11, 17, 19)</p>



Year 8	Emotional wellbeing	Identity and relationships	Digital literacy - Online safety, grooming and cyberbullying	Peer influence and gangs	Discrimination	Community and careers
	Mental health and emotional wellbeing. Identifying and recognising feelings. Healthy and unhealthy coping strategies. Managing challenges, change, loss and bereavement. RS link articles 12, 13, 17, 19, 37)	Family units and dynamics - divorce, separation and loss, healthy relationships, relationship changes and conflict resolution RRS link articles 3, 4, 5, 9, 18, 25, 26, 27)	Online safety – cyberbully vs bullying, social media - impact on society. Smartphone addiction, mental health and wellbeing. RRS links articles 13, 15, 16, 17, 23, 31, 36)	Healthy and unhealthy friendships, assertiveness, and gang exploitation. RRS link articles 14, 15, 17, 19, 40)	Discrimination in all its forms, including racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia RRS link articles (6, 7, 8, 9, 10, 14, 19)	Equality of opportunity in careers and life choices, and different types and patterns of work. Personal career goals and presentation (RRS link articles 28, 29)
Year 9	Mental health	Respectful relationships	Digital literacy	Peer influence and gangs	Intimate relationships	Employability skills
	Mental health and ill health, stigma, safeguarding health, including during periods of transition or change. Mental Health charter including body image, self-esteem and coping strategies. Online	Families and parenting, healthy relationships and unhealthy relationships – boyfriends/girlfriends – controlling behaviours and recognising the importance of choices. SHOSASV (Sexually Harmful, online sexual abuse and sexual violence)	Online safety – Grooming girls and boys. Coercion, exploitation. CSE. Developing assertiveness. Recognising fake profiles, cat fishing.	Knife crime – grooming, peer pressure, environmental factors, relationships, anger management and assertiveness.	Relationships and sex education including privacy, personal space and consent. Assertiveness and saying no SHOSASV	Employability and online presence – Facebook profiles and digital footprint



	<p>'perfection' and the reality.</p> <p>(RRS link articles 12, 13, 17, 19, 37) HL5 – Body image (RRS links articles 2, 6, 12, 17, 19, 23, 24, 27, 31)</p>	<p>(RRS link articles 3, 5, 9, 12, 17, 18, 20, 21, 25, 27)</p>		<p>(RRS link articles 10, 11, 15, 17, 19, 22, 30, 33, 36, 37, 39, 40)</p>	<p>(RRS link articles 3, 5, 9, 12, 17, 18, 20, 21, 25, 27, 29, 34, 36)</p>	<p>(RRS link articles 5, 9, 16, 17, 25, 26, 32, 40)</p>
<p>Year 10</p>	<p>Personal Planning</p> <p>Identify own strengths and own weaknesses academically and personally.</p> <p>Recognise and prioritise areas for improvement.</p> <p>Identify and work to improve own performance in the priority area</p> <p>Create a basic action plan and recognise the importance of target setting and having aspiration.</p>	<p>Healthy relationships</p> <p>Gender identity and sexual orientations.</p> <p>Stereotyping and prejudice.</p> <p>(RRS 12, 13, 15, 16, 17, 19, 34, 36, 39)</p>	<p>Financial decision making</p> <p>The impact of financial decisions, saving vs spending, debt, gambling and the impact of advertising on financial choices.</p> <p>RRS link articles 3, 15, 17, 26, 27</p>	<p>Peer influence and gangs - Exploring influence</p> <p>County lines - The influence and impact of drugs, gangs, role models and the media</p> <p>(RRS link articles 10, 11, 15, 17, 19, 22, 30, 33, 36, 37, 39, 40)</p>	<p>Addressing extremism and radicalisation</p> <p>Communities, belonging and challenging extremism</p> <p>(RRS links Articles 2, 3, 6, 7, 8, 10, 11, 26, 30, 32, 36, 38, 40)</p>	<p>Substances – introduction</p> <p>Introduction into addiction: Nicotine, vaping, e-cigarettes and shisha. Risks associated with substances.</p> <p>Government strategies to prevent/reduce smoking.</p>



Year 11	Substance misuse	Families and relationships	Independence and PfA	Independence and Healthy Lifestyles	Communication in relationships	Transition and Leavers (PfA)
	<p>Alcohol and drug misuse and pressures relating to substance use.</p> <p>Factors that can lead to misuse.</p> <p>(RRS link articles 22,27)</p>	<p>SRE</p> <p>When to have sex, delaying sex, recognising reproductive system.</p> <p>Contraception. Sexual health support and guidance info.</p> <p>(RRS links Articles 3, 15, 16, 17, 19, 34, 36, 37, 40)</p>	<p>Knowing your local area –the wider community and independent travel options</p> <p>RRS link articles 3, 6, 10, 15, 24, 31)</p>	<p>Responsible health choices, and safety in independent contexts</p> <p>(RRS links Articles 24, 27, 32)</p>	<p>Students to navigate: forced marriages, honour-based violence, where to find support – GUM, Lawson Street sexual health, online portals.</p> <p>(RRS links Articles 3, 15, 16, 17, 19, 34, 36, 37, 40)</p>	