

	Autumn Term		Spring Term		Summer term	
	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 Personal safety in and outside school First aid Respect in School and CHRIST Values	Developing skills and aspirations Careers Teamwork and enterprise skills Raising aspirations Personal identity	Diversity Making and maintaining friends – Interpersonal relationships Diversity, prejudice, and bullying (inc online)	Health and puberty Healthy routines – Sleep/Hygiene/Dental Influences on health Puberty and periods FGM	Building relationships Self-worth Romance and friendships (including online) Relationship/romance boundaries	Financial decision making Saving Borrowing Budgeting Making financial choices
Year 8	Drugs and alcohol Alcohol and drug misuse Pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices Different types and patterns of work Future choices	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia Promoting Equality Human Rights	Emotional wellbeing Mental health and emotional wellbeing Body image Coping strategies Mindfulness	Identity and relationships Gender identity, sexual orientation, Consent ‘sexting’ An introduction to contraception	Digital literacy Online safety & digital literacy, media reliability Gambling and Debt – online gaming
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation CSE/CCE Bystander Behaviour	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. Cancer awareness First aid and personal safety	Intimate relationships/Self checks Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Work experience Preparation for and evaluation of work experience Readiness for work and progress pathways Employment law

Year 10	<p>Mental health</p> <p>Mental health and ill health</p> <p>Stigma</p> <p>Safeguarding health, including during periods of transition or change</p>	<p>Financial decision making</p> <p>The impact of financial decision</p> <p>Debt</p> <p>Gambling and the impact of advertising on financial choices</p>	<p>Healthy relationships</p> <p>Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography</p> <p>Personal safety and First Aid</p>	<p>Exploring influence</p> <p>The influence and impact of drugs, gangs, role models and the media</p> <p>Joy riding – Car Crash (WMFS)</p> <p>Crime and Law</p>	<p>Addressing extremism and radicalisation</p> <p>Communities</p> <p>Belonging</p> <p>Challenging extremism</p> <p>Prevent</p>	<p>Employability skills</p> <p>Employability and online presence</p> <p>Trade unions</p> <p>Income tax</p>
Year 11	<p>Building for the future</p> <p>Self-efficacy, stress management, and future opportunities</p> <p>Preparing for adult life</p>	<p>Next steps</p> <p>Application processes, and skills for further education, employment and career progression – CV writing</p> <p>Money Management and Fraud/Cybercrime</p>	<p>Communication in relationships</p> <p>Personal values, assertive communication (including in relation to contraception and sexual health)</p> <p>Relationship challenges and abuse.</p> <p>Domestic abuse and coercive control.</p>	<p>Independence</p> <p>Responsible health choices, and safety in independent contexts – surgery, tattoos, piercings</p> <p>Blood, organ, stem cell donation</p>	<p>Families</p> <p>Different families and parental responsibilities, Pregnancy, Marriage and forced marriage</p> <p>Adoption, abortion, Miscarriage</p>	