

Lifelong wellbeing		
Autumn 1	Knowledge - To know about the impact of new opportunities and challenges on someone's mental health and wellbeing, and strategies to help someone manage these challenges. - To know how to manage emotions when encountering opportunities and challenges throughout life. - To learn about mental health difficulties that commonly affect young people. - To know how to change thinking patterns to support wellbeing and how to seek support. - To learn about change, loss and grief, strategies for managing them and how to access support. - To know how to use strategies for managing change, loss and grief and how to access support. - To know about the importance of sleep and strategies to maintain healthier sleep habits. - To know how to use strategies learnt to maintain healthier sleep habits	Key vocabulary Mental health Anxiety Depression Grief Bereavement



Drugs and personal safety		
Autumn 2	Knowledge • To know the different internal and external influences that can affect decisions around alcohol and drug use. • To know how to get support for individuals with problematic substance use, including addiction and dependency. • To know about the risks of belonging to a gang and involvement in gang behaviours • To know how use this knowledge about gang behaviours to make good, informed decisions and make healthy relationships in my life. • To know about strategies to support personal safety, especially when out socialising with peers. • To know how to identify situations where people may feel unsafe and evaluate how to support personal safety for each other	Key Vocabulary Substance Addiction Dependency Initiation Personal safety VAWG (Violence against women and girls) Sexual harassment