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|  | **Autumn 1**Health & wellbeing | **Autumn 2**Relationships | **Spring 1**Health & wellbeing | **Spring 2**Living in the wider world | **Summer 1**Relationships | **Summer 2**Living in the wider world |
| **Year 7** | **Transition and safety**Transition to secondary school and personal safety in and outside school | **Diversity**Diversity, prejudice, and bullying | **Health and puberty**Healthy routines, influences on health, puberty, FGM and first aid | **Developing skills and aspirations**Careers, teamwork and enterprise skills, and raising aspirations | **Building relationships**Self-worth, romance and friendships (including online), relationship boundaries, unwanted contact | **Financial decision making**Rail and Water Safety. Saving, borrowing, budgeting and making financial choices |
| **Year 8** | **Drugs and alcohol**Alcohol and drug misuse and pressures relating to drug use | **Discrimination**Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia | **Emotional wellbeing**Mental health and emotional wellbeing, including body image and coping strategies | **Community and career**Equality of opportunity in careers and life choices, and different types and patterns of work | **Identity and relationships**Gender identity, sexual orientation, consent, ‘sexting’, and an introduction to contraception | **Digital literacy**Online safety, digital literacy, media reliability, and gambling hooks |
| **Year 9** | **Peer influence, substance****use and gangs**Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation | **Respectful relationships**Positive relationships, consent, domestic abuse and sexting. Families and parenting, healthy relationships, conflict resolution, and relationship changes | **Healthy lifestyle**Diet, exercise, lifestyle balance and healthy choices, and first aid | **Setting goals and** **Employability skills**Learning strengths, career options and goal setting Employability and online presence | **Intimate relationships**Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography | **Financial decision making**The impact of financial decisions, debt, gambling and the impact of advertising on financial choices |
| **Year 10** | **Mental health**Mental health and ill health, stigma, safeguarding health, including during periods of transition or change | **Healthy relationships**Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography | **Exploring influence**The influence and impact of drugs, gangs, role models and the media | **The World of Work** Preparation for the world of work  | **Addressing extremism and radicalisation**Communities, belonging and challenging extremism | **Financial decision making**The impact of financial decisions, debt, gambling and the impact of advertising on financial choicesNext stepsApplication processes, and skills for further education, employment and career progression |
| **Year 11** | **Building for the future**Self-efficacy, stress management, and future opportunities | **Communication in relationships**Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse | **Independence**Responsible health choices, and safety in independent contexts | **Next steps**Application processes, and skills for further education, employment and career progression | **Families**Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships |  |