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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 choices  Next steps  Application 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 |  |