**<Subject>**

**Year 7**

| SOW | Health and wellbeing  | Relationships  | Wider world |
| --- | --- | --- | --- |
| Knowledge | * What mental health is and the various mental health issues
* Emotional wellbeing
* What constitutes puberty
* Hygiene and its importance
* Loss and how it affects us
* Vaping/ e cigarettes and the dangers
* Caffeine and energy drinks and the dangers
 | * Different types of relationships
* What gang violence is and antisocial behaviour
* The importance of boundaries in relationships
* What consent is
* Online safety
 | * Personal aspirations
* Personal skills
* How to set goals
* Career options available
* Equality Act 2010
* Multiculturism
* Prejudice and discrimination
 |
| Skills  | * To understand what emotional wellbeing is and develop strategies on how to combat poor mental health
* Explore the impacts of social media on mental health and self esteem
* Explore the importance of sleep
* Learn about what bodily changes puberty cause and how we can ensure hygiene is a priority
* Understand what menstruation is and how this affects us all
* Understand the importance of dental hygiene
* Understand the concept of loss and grieving
* Discover the reasons people choose to vape/ smoke and explore the damage it causes
* Learn about a range of addictions such as sugar, caffeine and energy drinks
 | * Reflect on personal relationship and identify whether or not they are healthy
* Explore gang crimes and anti-social behaviour
* Understand what constitutes as bullying
* Explore on and offline relationships
* Understand and identify what a boundary is and how this links to consent
* Explore how to stay safe online and learn what to do if we feel unsafe
 | * Explore personal ambitions and how to achieve these goals
* Identify own skills and explore the ways in which we can achieve these goals
* Explain the qualities of an effective community
* Understand and describe what the Equality Act 2010 is
* Identify our role in multicultural Britain and understand immigration
* To explore the British values, with a particular focus on discrimination
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| Tier 3 Vocabulary | Emotional wellbeing resilience reflection body image self-esteem empowerment identity hygiene hormones menstruation puberty emotional antiperspirant dentist routine  | Bullying harassment assertive county lines trust cyber bullying boundaries consent grooming pressure diversity antisocial county lines addiction networking | Aspirations ambition communication actionable qualities future opportunities tolerance cultural society values community cohesion equality  |

**Year 8**

| SOW | Health and wellbeing | Relationships | Wider world  |
| --- | --- | --- | --- |
| Knowledge | * Mental health and the various mental health conditions
* The concept of mindfulness
* The pressures teenagers face, especially linked to body image and self esteem
* Substance misuse
* Menstruation
* Healthy eating
* First aid
 | * What constitutes a family
* Understand what a healthy relationship is
* Diversity
* Racism/ hate crime
* Online safety
* Child abuse
* Contraception
 | * Neurodiversity
* Finances
* Future planning
* Playing to individual strengths
* Nature vs nurture
* Stereotypes
 |
| Skills  | * To understand what mental health is and what cultivates a positive mindset
* How we can use mindfulness in our daily lives
* Identify the different pressures that teenagers face how they can mange them
* Understand the concept of body image and self esteem
* Understand the impacts of substance misuse
* Identify the different stages of the menstrual cycle and why
* Identify what constitutes a healthy diet
* Explore a range of first aid methods to support with minor incidents
 | * Learn about the different dynamics of family life
* Understand what a healthy / unhealthy relationship is and the impact of these
* Explore the ways in which we are different and how this is to be criticised
* To define racism and explore how it occurs
* Understand what a hate crime is and the punishment for these
* Understand the LGBTQ+ Concept
* Identify what grooming is
* To identify what county lines is and what to do if come across this
* Introduce contraception and make links to STIs
 | * Understand a range of cognitive impairments that can affect people
* To gain a simple understanding on the world of finances
* Identify the options we have available to us in the future
* To explore the idea of nature vs nurture and what makes us ‘us’
* Understand the term ‘stereotype’ and how it negatively impacts people
* To study financial education but also philosophical ideas such as ‘money making us happy’.
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| Tier 3 Vocabulary | Anxiety physical wellbeing mindfulness trait subconscious validation self-esteem influencer substance misuse intoxication withdrawal offences units oestrogen follicular ovulation monosaturated fats polysaturated fats cholesterol defibrillator airway breathing compressions  | Faith ethos value genocide prejudice ignorance diversity racism discrimination equality hate crime detest homophobic assertive lesbian bisexual questioning trolling deception safeguarding maltreatment contraception | Neurodiversity dyslexia adhd autism budget finances enterprise personal development deadlines manage problem solve optometrist self-realisation nature nurture epigenetics socialisation injustice stereotypes  |

**Year 9**

| SOW | Health and wellbeing  | Relationships | Wider world  |
| --- | --- | --- | --- |
| Knowledge | * Drugs and their classifications
* Dangers of drug taking
* Hygiene
* Healthy eating
* Mental impact of social media
 | * Building a relationship with oneself and others
* An introduction to parenting
* Identifying what contraception is available
* Introduction to conception
* Domestic abuse and violence
* Explicit image sharing and the dangers
* Consent
* STIs
* Online and offline harassment
* Homophobia
* Forced marriage
 | * Living in Britain
* The Equality Act 2010
* Hate crimes
* Discrimination through invisibility
* Challenging discrimination
* Democracy and voting
* Modern day slavery
 |
| Skills  | * The dangers of taking drugs and the drug classifications
* Understand what addiction is and be able to identify signs of this
* Describe and enact how to keep clean and healthy
* Identify the different food groups and the importance if eating a variety of foods
* Identify the issues of social media and the impact it can have on mental health
* Dangers of drinking/ vaping
 | * Explore ways in which we can build positive relationships with ourselves and others
* Identify a healthy relationship
* Explore key parenting skills
* Identify a range of contraception methods- support of nurse
* A basic understanding of conception and what changes happen to the body
* Be able to define abuse
* Explore the dangers of being exposed to pornographic material
* Legalities around sending explicit images
* To understand what tolerance means and how it applies to each of us
* Explore what forced marriage is and the legalities around this
 | * Living in Britain in 2023 and identify the diversity in Britain
* To explain what the Equality Act is
* Identify what hate crimes are and the impacts these have on people
* Understand the concept of an invisible illness
* To explore the British voting system and earn how to vote
* To explore the crime ‘slavery’ and where it happens in the world
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| Tier 3 Vocabulary | Supply possession distribution substances stimulants legality inhalants gaming sugar nicotine prescription misuse maintaining proteins fibre complex vitamins streaming selfie vaping ethanol  | Relationships interaction duty affection diversity harassment characteristic co-parenting copper ius iud puberty uterus intercourse neglect discriminatory institutional pornography consent orientation  | Disabled separation rule of law meritocracy equality discrimination organisation prosecution moral social challenging prejudice indifference apathy democracy constitution immigration coercion  |