**<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 |
| 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’. |
| 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 |
| 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 |