Term	I am learning	By the end of this topic I will be able to
Autumn	Mental health and emotional wellbeing Mental health and emotional wellbeing Managing stress, Body image, Healthy coping strategies	Understand how to manage work-life balance, including study, leisure, exercise, sleep and time online
		Use strategies to promote mental health and emotional wellbeing and address difficulties
		Develop stress management strategies
		Recognize the signs of emotional or mental ill-health
		Know how, when and why to access appropriate support and treatment
	<b>Readiness for work</b> Career opportunities Preparing for the world of work	Know how to evaluate strengths, skills and interests in relation to future roles and opportunities
	Health choices and safety Independence and keeping safe Travel	Be able to assess and manage risk and personal safety in new independent situations, including online
	The impact of substance use	Know how to manage personal safety in relation to travel, including cycle safety, young driver safety, passenger safety, using licensed taxis and getting home safely
		Understand safety, rights and responsibilities when travelling in the UK and abroad, including passport, visa and insurance requirements
		Identify and manage the impact of substance use on health, personal safety, decision making and sexualbehaviour
		Evaluate the consequences of substance use, and how to manage use of alcohol and other drugs
		Analyse the risks of being a passenger with an intoxicated driver and how to manage this
		Evaluate the impact of substance use on road safety, work-place safety, reputation and career

Spring	Diversity and inclusion	Know how to communicate personal values in different types of relationships
	Living in a diverse society, Challenging prejudice and discrimination	Recognize strategies to challenge prejudice and discrimination in relation to inclusion and any of the protected characteristics of the Equality Act (2010)
		Understand rights, roles and responsibilities in a diverse society and how to respect and advocate for them
		Celebrate cultural diversity and promote inclusion
		Understand the ways different faith or cultural views can influence relationships, and how to challenge these if appropriate
		Know how to safely challenge prejudice and discrimination, including online
		Explain extremism and radicalisation, how to reduce the risks and when, where and how to seek help
	Readiness for work Career opportunities Preparing for the world of work	Understand rights and responsibilities in different types of employment, including full- time, part-time, and jobs in the 'gig economy'
		Know how to demonstrate professional conduct, including following health and safety protocols
		Explain workplace confidentiality and security, including cyber-security and data protection
		Appreciate when, why and how to seek or provide support in response to bullying and harassment in the workplace
		Develop strategies for overcoming challenges or adversity in the workplace
		Explain about the role of trade unions and professional organisations
	<b>Planning for the future</b> Exploring future opportunities, Post- 18 options, The impact of financial decisions	Evaluate the changing patterns and trends in the labour market, locally, nationally and internationally, and benefit from potential opportunities
		Evaluate the financial advantages, disadvantages and risks relating to post-18 options
		Evaluate the potential gains and risks of different credit/debt arrangements and repayment implications, including student loans

SUMMER	Respectful relationships Consent, Assertive communication, Positive relationships and recognising abuse, Strategies for managing dangerous situations or relationships	Know how to seek and assertively give, not give or withdraw consent, in all contexts
		Understand the legal and moral responsibilities in relation to seeking consent and how to recognise factors that might affect capacity to consent
		Explain emotional, physical, social, and legal consequences of failing to respect others' right not to give or withdraw consent
		Know how to identify the signs of abuse, exploitation and assault or rape
		Know where and how to access support and report concerns, including online
		Evaluate attitudes towards sexual assault and their impact; how to challenge victim- blaming, including when abuse occurs online
		Understand how to recognise manipulation and coercion and manage negative influence and persuasion
		Develop exit strategies for unhealthy relationships
		Know about rights in relation to harassment, including online, stalking and violence, how to respond and where to seek help
		Explain the unacceptability and illegality of forced marriage and 'honour'-based violence and how to safely seek help
		Develop exit strategies for pressurised or dangerous situations.
	<b>Readiness for work</b> Career opportunities Preparing for the world of work	Write an effective CV and prepare for interviews for part-time work
		Investigate career opportunities in a global economy
	<b>Planning for the future</b> Exploring future opportunities, Post-18 options, The impact of financial decisions	Evaluate the options available in education, training and employment post-18, including highereducation, further training or apprenticeships, and gap year opportunities
		Evidence strengths and skills and use this when applying and interviewing for future roles and opportunities
	Mental health and emotional	Understand the effects on body image and self-esteem, of idealised images of bodies

wellbeing	and pressure to conform
Body image	Develop strategies to manage influences on body image
Healthy coping strategies	Know how to manage influences and risks relating to cosmetic and aesthetic
	body alterations