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| Year 6 | **Autumn 1**  Being me in my world  Celebrating difference  Lesson 1- 3:  Identifying goals for the year  Global citizenship  Children’s universal rights  Feeling welcome and valued  Choices, consequences and  rewards  Group dynamics  Democracy, having a voice  Anti-social behaviour  Role-modelling  Lesson 1- 3:  Perceptions of normality  Understanding disability  Power struggles  Understanding bullying  Inclusion/exclusion  Differences as conflict,  difference as celebration  Empathy | **Autumn 2**  Dreams and Goals  Healthy Me  Lesson 1-3:  Personal learning goals, in and  out of school  Success criteria  Emotions in success  Making a difference in the world  Motivation  Recognising achievements  Compliments  Lesson 1-3:  Taking personal responsibility  How substances affect the body  Exploitation, including ‘county  lines’ and gang culture  Emotional and mental health  Managing stress | **Spring 1**  Relationships  Changing me  Lesson 1-3:  Mental health  Identifying mental health worries and  sources of support  Love and loss  Managing feelings  Power and control  Assertiveness  Technology safety  Take responsibility with technology  use  Lesson 1-3:  Self-image  Body image  Puberty and feelings  Conception to birth  Reflections about change  Physical attraction  Respect and consent  Boyfriends/girlfriends  Sexting  Transition | **Spring 2**  Being me in my world  Celebrating difference  Lesson 1- 3:  Identifying goals for the year  Global citizenship  Children’s universal rights  Feeling welcome and valued  Choices, consequences and  rewards  Group dynamics  Democracy, having a voice  Anti-social behaviour  Role-modelling  Lesson 1- 3:  Perceptions of normality  Understanding disability  Power struggles  Understanding bullying  Inclusion/exclusion  Differences as conflict,  difference as celebration  Empathy | **Summer 1**  Dreams and Goals  Healthy Me  Lesson 1-3:  Personal learning goals, in and  out of school  Success criteria  Emotions in success  Making a difference in the world  Motivation  Recognising achievements  Compliments  Lesson 1-3:  Taking personal responsibility  How substances affect the body  Exploitation, including ‘county  lines’ and gang culture  Emotional and mental health  Managing stress | | **Summer 2**  Relationships  Changing me  Lesson 1-3:  Mental health  Identifying mental health worries and  sources of support  Love and loss  Managing feelings  Power and control  Assertiveness  Technology safety  Take responsibility with technology  use  Lesson 1-3:  Self-image  Body image  Puberty and feelings  Conception to birth  Reflections about change  Physical attraction  Respect and consent  Boyfriends/girlfriends  Sexting  Transition | |
|  | **Autumn 1**  Citizenship  (Identity and Communities) | **Autumn 2**  Discrimination  EHWB | **Spring 1**  Prevent | **Spring 2**  Careers-  Planning for the future | **Summer 1**  Risk  (Drugs & Emotional Wellbeing ) | | **Summer 2**  RSHE  Healthy Lifestyle | |
| Year7 | Lesson 1 – Identity and group work  Lesson 2- Diversity  Lesson 3- Families  Lesson 4- Communities  Lesson 5- Good citizens | Lesson 6,7,8,9- Discrimination (Physical disability, HI, VI)  Lesson 1&2- EHWB | Lesson 1 – Understanding and preventing extremism  Lesson 2 – How can language divide us?  Lesson 3 – How can people’s actions be affected by others’ influence  Lesson 4 – How can you help the community? | Lesson 1- Jobs through the ages  Lesson 2- National careers service  Lesson 3- Career speed dating  Lesson 4-reflection and evaluation | Lesson 1- Transport and home safety  Lesson 2- Running away  Lesson 3 & 4- Smoking  Lesson 5- Alcohol  Lesson 6- E-safety  Lesson 7- Role play/peer pressure assessment | | Lesson 1- Self esteem and personal Hygiene  Lesson 2- Puberty  Lesson 3- Key words and diagrams  Lesson 4- Sanitary products  Lesson 5- Puberty problems and advice  Lesson 6- My opinions  Lesson 7- EHWB managing feelings  Lesson 1- Healthy Lifestyle | |
|  | **Autumn 1**  EHWB  E-Safety | **Autumn 2**  Real Love Rocks  Risk | **Spring 1**  RSHE | **Spring 2**  Bullying | **Summer 1**  Citizenship  (living together in the UK)  (Diversity) | | **Summer 2**  Careers | |
| Year 8 | Lesson 1-Self esteem and identity  Lesson 2- Body image  Lesson 3- Healthy lifestyle and disordered eating  Lesson 4- Managing feelings  Lesson 1- Cyberbullying  Lesson 2- Sexting  Lesson 3- Peer pressure  Lesson 4- Self Esteem | Lesson 1- Healthy relationships and consent  Lesson 2- CSE and grooming  Lesson 3- Keeping safe  Lesson 4- Impact of porn and Sexting  Lesson 1- Alcohol  Lesson 2- Smoking  Lesson 3- Peer pressure | Lesson 1- Puberty changes recap  Lesson 2-Mensturation  Lesson 3- Relationships  Lesson 4- Gender and sexuality  Lesson 5- Conception  Lesson 6-  Contraception  Lesson 7- Contraception presentation  Lesson 8- Parenthood | Lesson 1- Verbal bullying  Lesson 2- Bullying strategies  Lesson 3- Rights and responsibilities  Lesson 4- Peer pressure  Lesson 5- Smoking and alcohol  Lesson 6- Alcohol | Lesson 1- Democracy in the UK  Lesson 2- Local services  Lesson 3- Mutual respect  Lesson 4- Racism  Lesson 5- Homophobia  Lesson 6- Gender and disability  Lesson 7- Discrimination projects  Lesson 8- Presentations | Lesson 1- The world of work  Lesson 2 – National Careers service  Lesson 3- Who am I?  Lesson 4-Routes available  Lesson 5- CV, children and the law. Wages, employers, H&S.  Lesson 6- Reflection and evaluation. | |