

## Year 7:

Topic	Content	Why is this topic important for your child?
Mental Wellbeing	How to recognise and deal with anxiety and stress.	<p>“The emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.” - <i>Mental Health Foundation</i></p> <p>It is common for young children to become anxious and feel stressful when starting a new school, as this is a big change for them. The lessons under this topic look at how young people can relieve stress and keep themselves happy and also look at why it is important to relax and the benefits of sleep.</p>
Mental Wellbeing	Understanding the importance of sleep and relaxation	
Topic	Content	
Families	Characteristics of healthy relationships vs domestic abuse	<p>Newham has the 7th highest rate of domestic incidents per 1,000 of the population in London - <i>Domestic Abuse in London 2015/16, May 2016 MOPAC</i></p> <p>Parents and carers will have a relationship with their child, but it is the quality of the relationship that is important. - <i>Mental Health Foundation</i></p> <p>It is important for the wellbeing of young people to know the different methods of domestic abuse and the negative impact of the abuse. Our families are there for a lot of reasons, one being for support. The lessons under this topic look at how our families can support us, using scenarios.</p>
Families	How can our families support us?	
Topic	Content	
Respectful relationships including Friendships	Getting on and falling out [friendship groups]	<p>Around 9 in 10 adults aged 16 and over in the UK in 2011/12 had one or more friends that they could confide in (93%), supported them (92%) or they could escape with/have fun with (90%). - <i>Office for National Statistics</i></p> <p>Friends provide support and companionship during challenging times and can prevent loneliness. Starting a new school can be quite daunting for young people, so having friends may improve self-confidence and self-worth.</p>
Respectful relationships including Friendships	Being discerning and assertive [in relationships]	
Topic	Content	
Online Media and	What are the consequences of what I say and do online?	<p>Children are seeing more hateful online content than they used to. Half of 12-15s say they have seen something hateful about a particular group of people in the last year – up from a third in 2016. Four in ten took some form of action, but the majority ignored it. - <i>Ofcom report 2019</i></p> <p>Parents are also increasingly concerned about their child seeing self-harm related content online and some elements of online gaming. Almost half of parents of 5-15s are concerned about their child seeing content which might encourage them to harm themselves, up from 39% in 2018. There have also been increases in the proportion of parents of 12-15s worried about in-game spending (from 40% to 47%) and game-related bullying (32% vs 39%). - <i>Ofcom report 2019</i></p> <p>Online presence has become very common among young people and is continuing to do so. Therefore it is imperative that young people are taught how to keep safe from the dangers of online grooming and also the impact of their actions online.</p>
Online Media and	Image and self-esteem	
Online Media and	Online gaming and grooming	
Topic	Content	
Physical Health and Fitness	Healthy vs. unhealthy lifestyle	<p>Public Health England have said the number of children meeting the recommended amount of physical activity for healthy development and to maintain a healthy weight, has dropped by 40%.</p> <p>A survey by Public Health England and Disney found being active made the majority of 5 to 11 year olds feel happier (79%), more confident (72%), and more sociable (74%), according to their parents. - <i>GOV.UK</i></p> <p>Maintaining a healthy lifestyle is beneficial for the wellbeing of young people, so they are taught how the steps they can take to create a healthy lifestyle from eating well to dental health.</p>
Physical Health and Fitness	Medicines, vaccination and immunisations	
Physical Health and Fitness	Me and my health - including dental health	

Topic	Content	
Careers/Gatsby Benchmark	What are my dreams and goals?	48% of young people in 2015 to 2016 thought it was very likely that they would go into higher education. In 2015 to 2016, 71% of them thought that having an interesting job was very important, while 60% felt that job security was very important. - <i>Office for National Statistics</i> Encouraging young people to think about their dreams and goals (short-term and long-term) will motivate them to work better in school and build/ develop a variety of skills such as resilience.
Careers/Gatsby Benchmark	Achieving my dreams and goals	
Topic	Content	
Being safe	Challenging negative behaviour and attitudes	It is estimated that in the year from April 2017 to March 2018, 17% of young people aged 10 to 15 in England were bullied in the previous 12 months in a way that made them frightened or upset. - <i>Department for Education</i> It is important for young people to know that prejudice and discrimination exists in our society and what they should do if they are a victim of discrimination. Bullying can happen anywhere, online, at school, at work so young people should know what bullying is and why it is wrong.
Being safe	Discrimination and bullying in school	
Topic	Content	
Intimate & Sexual Relations, including Sexual Health	My changing body (taught separately for boys and girls)	Young people aged 10-24 experience a range of behavioural, emotional and social changes as they make the transition to adulthood. - <i>Association for Young People's Health</i> . These lessons are delivered separately for boys and girls. Girls will be looking at the menstrual cycle (which is also covered in Science) and the importance of hygiene. Boys will be looking at how their body also changes due to puberty (which is also covered in Science) and the importance of hygiene. Both groups will also look at how the function of the brain develops as they move into adolescence. As their body changes, which is a natural process, it can become quite terrifying and, for some, embarrassing to talk about so it's important that young people are aware of the changes their body will go through.
Intimate & Sexual Relations, including Sexual Health	Why is hygiene important? (taught separately for boys and girls)	

### Year 8:

Topic	Content	Why is this topic important for your child?
Mental Wellbeing	How will digital resilience support my mental health?	37.0% of 11 to 16 year olds reported that lockdown had made their life a little worse, while 5.9% of 11 to 16 year olds said it had made it much worse. - <i>NHS 22 October 2020</i> Having spent months off of school has prevented young children from building their social skills face to face; prevented them from being with their friends; prevented them from doing activities they enjoy. It is important therefore to look at how to build resilience so the students can support themselves and their wellbeing.
Mental Wellbeing	How does positive behaviour affect feelings of wellbeing?	
Topic	Content	
Families	How does my family influence me?	Family is the single most important influence in a child's life. They are a child's first teachers and act as role models in how to act and how to experience the world around them. - <i>Smart beginnings</i> Our families influence our identity through the support they provide and how we are raised. Families help us to become who we are and it is important that young children are aware of this and how they can control their relationships with their family members.
Families	Being in control of my relationships	
Topic	Content	

Respectful relationships including Friendships	The dangers of bullying [including LGBT]	96% of gay pupils hear homophobic remarks such as 'poof' or 'lezza' used in school. 99% hear phrases such as 'that's so gay' or 'you're so gay' in school. 54% of lesbian, gay and bisexual young people don't feel there is an adult at school who they can talk to about being gay. Worryingly, 6% of lesbian, gay and bisexual pupils are subjected to death threats. - <i>Stonewall's School Report 2012</i> Bullying has a long-lasting effect on a person, especially in young people. It is important that young people are taught about respecting other people's choices, and understanding that hate crime/ homophobic bullying is wrong. It is also important for young people who consider themselves as part of the LGBT community to know where to seek support. Young people should also understand that their friends may hold a different belief/ religion to them and that is alright. Students will be looking at how they can be a supportive friend.
Respectful relationships including Friendships	A supportive friend [including faiths and beliefs]	
<b>Topic</b>	<b>Content</b>	
Online and Media	Being in control of myself	<a href="#">Children spend 15.3 hours a week using the internet. - Statista Research Department, June 2020</a> As young people spend more time online, whether this is playing games, using social media platforms, watching videos or doing research for homework, it is important they are aware of their actions and how to stay in control. Students are taught how to behave online, looking at why it is important to keep their information private online.
Online and Media	Being in control of my online presence [including online etiquette]	
Online and Media	Being in control of my social media	
<b>Topic</b>	<b>Content</b>	
Physical Health and Fitness	Me and my health [this includes good physical health]	<a href="#">Children and young people aged between 5- 18 should reduce the time spent sitting or lying down and break up long periods of not moving with some activity. - NHS website</a> <a href="#">Of 3.7 million children aged 11–15 across the UK, an estimated 463 start to smoke daily in England, 55 in Scotland, 30 in Wales and 19 in Northern Ireland. - BMJ journals</a> Students will be looking at why their health is important and the risks of smoking. It is important that children look at the dangers of smoking, which is seen as a leisurely activity by most. The students will also look at how to be happy with their own body image, as most young people are influenced by what they see online.
Physical Health and Fitness	What does positive body image look like?	
Physical Health and Fitness	The risks of cigarette smoking, shisha and vaping.	
<b>Topic</b>	<b>Content</b>	
Careers/Gatsby Benchmark 3	My long-term goals	<a href="#">Setting goals not only motivates us, but can also improve our mental health and our level of personal and professional success. - Positive Psychology</a> In Year 8, our students begin to choose their GCSE subjects. It is at this point that students need to think about how the GCSE subjects they choose will determine their future so it is important that young people are aware of their long-term goals.
Careers/Gatsby Benchmark 2	The importance of budgeting and savings	
<b>Topic</b>	<b>Content</b>	
Being safe	My body, my choice [includes abortion, sexuality, gender identity, FGM and Breast flattening]	<a href="#">"I was a nurse in the UK for over 10 years and watched the numbers grow," said Jennifer Miraj, who worked in hospitals in Essex, Glasgow, Birmingham and London until 2015. Miraj said she came across confirmed cases of breast-ironing in approximately 15 adults and eight girls. - The Guardian 2019</a> There are so many dangers present in our society today and these affect young people; whether it is FGM or gangs or even sending nude selfies. Young people form relationships and believe it is alright to send images but they do not realise the implications of this. These lessons are important for young people to understand how to keep themselves safe from a variety of dangers present in our society today.
Being safe	How does the law define our actions? [Includes consent, violence, sexting, nude selfies, substance abuse, gang exploitation]	

	and hate crime]	
<b>Topic</b>	<b>Content</b>	
Intimate & Sexual Relations, including Sexual Health	Different types of relationships [this includes positive aspects of a relationship]	In 2018, 53% of under-18 conceptions resulted in an abortion, which is the highest percentage in over 25 years. This suggests that more needs to be done to prevent unwanted pregnancy through better sexual education for young people, promoting effective contraception, and improving access to sexual and reproductive health services. - <i>Nuffield Trust</i>
<b>Topic</b>	<b>Content</b>	
Intimate & Sexual Relations, including Sexual Health	The risk of underage pregnancy and how to keep safe	It is important to teach young people about how our body reacts when we are physically attracted to somebody and how to keep safe when in a relationship. Young people should be aware of what are the positive aspects of a relationship, what is seen as safe and what isn't.

### Year 9:

<b>Topic</b>	<b>Content</b>	<b>Why is this topic important for your child?</b>
Mental Wellbeing	Why is sleep important for our mental wellbeing?	“Sleep is the golden chain that ties health and our bodies together.” - <i>Thomas Dekker</i> As students begin their GCSE subjects, workload will increase. It is common for students to stay awake until late at night completing homework or research, but this inevitably results in poor sleep. This will then impact their performance in school and affect other factors, such as mood and diet. Therefore, the students need to be aware of how important sleep is.
Mental Wellbeing	Dealing with grief and loss	Many people have lost a loved one due to Covid-19, which can impact a young person's wellbeing. So, students will be taught about what grief looks like and where they can get support.
<b>Topic</b>	<b>Content</b>	
Families	What are the different types of domestic violence and how can you seek help?	In 2018 there was an 11% increase, from 2017, in the number of domestic abuse incidents with Newham featuring 2 <sup>nd</sup> across the 32 London boroughs in 2018. - <i>Community Safety Partnership Strategic Assessment March 2019</i> In the first quarter of 2020 - covering the first lockdown - domestic abuse accounted for 52% of our caseload. - <i>CPS.GOV.UK</i>
Families	How can my family support me?	It is important for young people to be aware that domestic abuse is wrong and where a person who is suffering from domestic abuse can seek help. Witnessing or even experiencing domestic abuse can have long-lasting effects on young people so it is vital they are aware of how to seek support.
<b>Topic</b>	<b>Content</b>	
Respectful relationships including Friendships	Power in relationships	The proportion of children aged 10 to 15 years reporting high or very high happiness with friends fell significantly from 85.8% in 2015 to 80.5% in 2017 - <i>Office for National Statistics</i>
Respectful relationships including Friendships	How can my friends support me?	It is important for young people to know about healthy and positive relationships, and how our friends can support us and how we can support our friends. Returning from lockdown, many students wouldn't have spoken to their friends in a long time so it is vital they do not lose this support.
<b>Topic</b>	<b>Content</b>	

Online Media and	How can the media manipulate my mental health?	<p>“Heavy social media use was linked to negative well being and self-esteem, with more girls experiencing feelings of depression and hopelessness”. - <i>BBC</i></p> <p>Young people spend a lot of time online, on social media platforms, which can have an impact on their self-esteem. It is important that young people are aware of where to receive support.</p>
Online Media and	What are the consequences of sexting?	In the UK, sexting and sharing nudes is illegal as young children are involved so it is important that young people are aware of the consequences of their actions.
<b>Topic</b>	<b>Content</b>	
Physical Health and Fitness	The use of substances	<p>Newham featured 10th in comparison to the other 32 London boroughs for drug overdose related LAS calls. - <i>Community Safety Partnership Strategic Assessment March 2019</i></p> <p>Young people in Newham need to be aware of how the use of drugs can have physical and emotional effects and how it would affect them and their families.</p>
Physical Health and Fitness	Life-saving skills	
<b>Topic</b>	<b>Content</b>	
Careers/Gatsby	The power of planning	<p>People with written goals are 50% more likely to achieve than people without goals. - <i>Goal band: Success system</i></p> <p>It is important for students to think about their goals, and their strengths and weaknesses. Having a goal in mind, for example, which career option to choose, will allow students to study better. By identifying their strength, students can use this to their advantage to achieve better results.</p>
Careers/Gatsby	My personal strengths	
<b>Topic</b>	<b>Content</b>	
Being safe	Expectations and perceptions of relationships	<p>Although there was a 20% decrease from 2017 to 2018 for knife crime offences, Newham positioned 6th in 2018 when compared to all 32 London boroughs. - <i>Community Safety Partnership Strategic Assessment March 2019</i></p> <p>Research released by Mayor of London Sadiq Khan shows that thousands of people aged between 11 and 62 have been drawn into so-called county lines gangs. - <i>Newham Recorder</i></p> <p>Young people can be easily influenced by gang members (groomed) into holding something or delivering something for them. It is imperative that young people know that this is wrong and what to do if they find themselves in a situation like this.</p>
Being safe	The dangers of County Lines, Money Muling, Cuckoo Houses and Chicken Shop Grooming	
Being safe	Challenging negative behaviour and attitudes	
<b>Topic</b>	<b>Content</b>	
Intimate Sexual Relations, including Sexual Health &	The power of contraception	<p>In 2016, approximately 20 girls aged under 18 conceived, for every 1,000 girls aged 15-17 years living in this area. - <i>Newham Child Health Profile 2019</i></p> <p>As the young people enter adolescence, feelings and emotions start to develop. It is important for young people to be aware of the consequences of having unprotected sex, and how this would not only effect them but people around them.</p>
Intimate Sexual Relations, including Sexual Health &	What are the consequences of unprotected sex?	

### Year 10:

<b>Topic</b>	<b>Content</b>	<b>Why is this topic important for your child?</b>
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Mental Wellbeing	How to deal with new challenges	The percentage of young people aged 5-15 with depression or anxiety increased from 3.9% in 2004 to 5.8% in 2017. In 2017, 682 people aged 10—29 died by suicide in England and Wales. About 18% of students aged 12—17 report self-harming at some point in their life. Self-harming behaviours can begin at any age, but commonly start between ages 13 and 15. - <i>MHFA England</i>
Mental Wellbeing	Suicide and self-harm	As statistics show that self-harm is common in young people, it is imperative that our students learn the negative impact self-harm can have. Young people go through many challenges, from GCSEs to peer pressure, to body changes so it is vital that they are supported and know how to overcome challenges.
<b>Topic</b>	<b>Content</b>	
Families	Why do people get married?	There were 242,842 marriages in England and Wales in 2017, a decrease of 2.8% from 2016. - <i>Office for National Statistics</i>
Families	Healthy, long-term relationships	This topic focuses on the different relationships a student has and how important these are. It is important for our students to know how they can receive support from different people in their lives.
<b>Topic</b>	<b>Content</b>	
Online and Media	Exploring world issues	75% of young people say they couldn't live without the internet. There are 74% 12-15s with a social media profile. - <i>Ofcom</i>
Online and Media	What are the threats to online safety?	As young people spend the majority of their time online, it is important they are aware of how to keep safe from the threats that are present online. The topic also teaches young people about current world issues such as Brexit, as it is important for them to know how decisions made by the government will affect their future.
<b>Topic</b>	<b>Content</b>	
Physical Health and Fitness	Drugs and alcohol	71% of drug overdose calls were 'intentional overdose' while Heroin and Cocaine related were 3% each. 76% of alcohol related calls were made for males. Newham featured 10th in comparison to the other 32 London boroughs for drug overdose related London Ambulance Service calls. - <i>Community Safety Partnership Strategic Assessment March 2019</i>
Physical Health and Fitness	My health MOT	It is absolutely vital for young people to know the dangers of drinking alcohol and taking drugs and how to keep safe. This topic teaches young people about their health and the impact of making positive lifestyle choices.
Physical Health and Fitness	Diseases, treatment and lifestyle choices	
<b>Topic</b>	<b>Content</b>	
Careers/Gatsby	Dream jobs and skill set	57% of young people have felt so stressed because of fear of making mistakes they have felt overwhelmed or unable to cope. - <i>Mental Health Foundation</i>
Careers/Gatsby	How to deal with stress and pressure	In Year 10, our students start to think about their career options and start looking for work experience placements. So it is important for young people to know about the different jobs available and the skills needed. On top of this, we teach young people how to deal with stress and pressure, as they would be halfway through their GCSEs and sitting Mock exams.
<b>Topic</b>	<b>Content</b>	
Being safe	Understanding safety in the UK and beyond	A pattern present in seasonal analysis for youth knife crime, gun crime and acid attacks appears to indicate a potential link between the three. This is because all three weapons enabled crimes saw the most reports in May 2018. - <i>Community Safety Partnership Strategic Assessment March 2019</i>
Being safe	Staying safe	
Being safe	Love and loss	
As the students will be growing independent and spending time outdoors with their peers, it is important they are aware of how to keep safe from knife crimes, gangs and other crimes most commonly committed by the youth.		

Topic	Content	
Intimate & Sexual Relations, including Sexual Health	Pregnancy and choice	<p>Over the past two years, conception rates have decreased more in England than in Wales. The under-18 conception rate for women usually resident in England fell by 5.3%, to 17.8 conceptions per thousand women aged 15 to 17 years in 2017, compared with the previous year. - <i>Office for National Statistics</i></p> <p>Young people should know the choices they have in their lives, and the rights they have when in a relationship. This is important so they do not feel pressured to do something against their wishes.</p>
Intimate & Sexual Relations, including Sexual Health	Under pressure	
Intimate & Sexual Relations, including Sexual Health	What are your rights in a relationship?	

### Year 11:

Topic	Content	Why is this topic important for your child?
Mental Wellbeing	Relaxation and managing stress	<p>15% of GCSE students may fall into the category of being 'highly test anxious'. - <i>Mark in style</i></p> <p>It is very common for students in Year 11 to become anxious due to their upcoming exams, so it is vital they are taught how to relax and manage stress. Under this topic, students start to think about how they concentrate and any barriers to their ability to concentrate and how to overcome these.</p>
Mental Wellbeing	Why is concentration important?	
Mental Wellbeing	Why is it important to keep a work/life balance?	
Topic	Content	
Careers/Gatsby	Writing a successful CV	<p>As the report suggests, early careers advice can help young people set out on the right path to the job that channels their interests and unlocks their potential. - <i>Disconnected: career aspirations and jobs in the UK</i></p> <p>As students start to think about colleges, they would also be thinking about a career pathway. It is important that young people are shown how to become ready for work, for example, by writing a successful CV. Students are also required to explore the concept of money and debt, so they are prepared for their future.</p>
Careers/Gatsby	What's your next move?	
Careers/Gatsby	Money and debt	
Topic	Content	
Physical Health and Fitness	The importance of exercise and eating healthy	<p>18% of children and young people are meeting the current Chief Medical Officer guidelines of taking part in sport and physical activity for at least 60 minutes every day. A further 26% sit just below this threshold, taking part on average for 60+ minutes a day across the week, whilst 33% do less than an average of 30 minutes a day. - <i>NHS statistics on obesity, physical activity and diet, England 2019.</i></p> <p>It is important that young people understand that exercise and eating healthy is beneficial for them, both for their mind and body. This topic looks at how a young person can look after their health and why this is important.</p>
Physical Health and Fitness	Hygiene and health	
Physical Health and Fitness	Extraordinary bodies	
Topic	Content	
Online and Media	How does social media affect me, my identity and	Parents are also increasingly concerned about their child seeing self-harm related content online and some elements of online gaming. Almost half of

	culture?	<p>parents of 5-15s are concerned about their child seeing content which might encourage them to harm themselves, up from 39% in 2018. There have also been increases in the proportion of parents of 12-15s worried about in-game spending (from 40% to 47%) and game-related bullying (32% vs 39%). - <i>Ofcom</i></p> <p>Due to the number of students spending most of their time online, it is important that we teach our students about online illegal activities and what the law says about internet use.</p>
Online and Media	Me, the internet and the law	
<b>Topic</b>	<b>Content</b>	
Being safe	The last taboos	<p>In the year ending March 2020, there were 105,090 hate crimes recorded by the police in England and Wales. - <i>GOV.UK</i></p> <p>There are many issues present in our society today such as hate crimes, FGM, breast ironing and many more so it is important that young people are taught how to keep safe.</p>
Being safe	Staying safe	
<b>Topic</b>	<b>Content</b>	
Intimate & Sexual Relations, including Sexual Health	Intimate relationships romantic	<p>A study of 13 to 17 year olds by NSPCC suggests this abuse can begin even earlier in adolescence for large numbers of young people. A quarter (25%) of girls and 18% of boys in the study reported having experienced some form of physical violence from an intimate partner. - <i>Safe Young Lives</i></p> <p>It is important for young people to be aware of how to keep relationships positive and how to seek support if they witness or experience abuse in relationships. Young people should know the choices they have in their lives, and the rights they have when in a relationship. This is important so they do not feel pressured to do something against their wishes.</p>
Intimate & Sexual Relations, including Sexual Health	Abuse in teenage relationships	
Intimate & Sexual Relations, including Sexual Health	Pregnancy and choice	