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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Year 7 | **Health and Wellbeing**Transition to High school *Transition, values and expectations, support in and out of school*  | **Living in the Wider World**Developing skills and aspiration*Personal safety, teamwork and raising aspirations* | **Relationships**Diversity *Family, friendships (including online), bullying, diversity and respect* | **Health and Wellbeing** Health and Puberty*Healthy routines, influences on health, Puberty, FGM* | **Relationships**Building Relationships*Self-worth, unwanted attention, relationship boundaries*  | **Living in the Wider World**Financial Decision Making*Saving, borrowing, budgeting and making financial choices* |
| Year 8 | **Health and Wellbeing**Emotional Wellbeing*Mental health and emotional wellbeing*  | **Health and Wellbeing**Emotional Wellbeing*Body image, coping strategies, digital resilience* | **Relationships**Positive Relationships and Discrimination*Positive and negative relationships, all forms of discrimination, prejudice and stereotypes*  | **Living in the Wider World**Community and Careers*Equality of opportunity in careers and life choices, different types of patterns and work* | **Health and Wellbeing**Drugs and Alcohol*Alcohol and drug misuse and pressures relating to drug use**Understanding the law* | **Living in the Wider World**Digital literacy and Safety*Online safety, digital literacy, media reliability, image sharing, navigating the world of digital media* |
| Year 9 | **Health and Wellbeing**Healthy physical and mental health *Importance of sleep, reframing negative thinking, healthy routines, promoting emotional wellbeing, mental ill health, stigma and getting help* | **Relationships**Respectful Relationships*Healthy and unhealthy relationships, families and parenting, marriage, diversity and LGBTQ* | **Relationships**Intimate Relationships*Consent, contraception, risk of STIs and attitudes towards pornography* | **Living in the Wider World**Setting goals and employability skills*Learning strengths, career options, goal setting, online presence* | **Health and Wellbeing**Healthy choices and lifestyle*Attitudes towards drug and alcohol, effects of drug and alcohol use* | **Living in the Wider World**Peer influence, substance use and gangs*Substance misuse, Making the right choices, peer influence, gang exploitation and serious crime* |
| Year 10 | **Health and Wellbeing** Positive Mental Health*Physical and mental wellbeing, building connections, wellbeing goals, supporting others* | **Relationships**Families*Different families, abortion, fertility treatments, blood, organ and stem cell donations* | **Relationships**Addressing extremism and radicalisation*Valuing diversity, understanding and preventing extremism, communities* | **Living in the Wider World**Financial decision making*The impact of financial decisions, debt, gambling and the impact of advertising on financial choices* | **Living in the Wider World**Careers and Employability *Preparation and readiness for work, Employability skills, role models* | **Living in the Wider World**Careers and Employability *How to maximise employability and broaden experience* |
| Year 11 | **Health and Wellbeing**Communication and healthy relationships*Relationship and sex expectations, pleasure and challenges, including the impact of the media and pornography*  | **Living in the Wider World**Next Steps*Application process including CVs, skills for further educations, setting targets* | **Living in the Wider World**Next Steps*Employment and careers progression, labour market, employability skills* | **Health and Wellbeing**Independence and building for the future*Self-efficacy, stress management, responsible health choices* | **Relationships**Exploring relationships*Personal values and choices, Marriage, gender, homosexuality, role of family and divorce* |  |