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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* |  |