

Y7	Health and well being	Relationships	Living in the wider world	Citizenship- Living in Modern Britain
Key focus	<ul style="list-style-type: none"> Strategies to build and develop self confidence and resilience. Identify and describe a range of emotions and how to discuss our emotions in a sensible and sensitive way How we change physically and mentally as we grow up What is meant by menstruation and how it affects the biology of the female body The role of a balanced diet in a healthy lifestyle and the impact of unhealthy food choices on our bodies. the difference between the responsible use of prescribed drugs and illegal drugs. The risks to our personal and physical safety and online 	<ul style="list-style-type: none"> Different types of relationships, including- families, friends and romantic relationships The influence of the media on our beliefs about positive and negative relationships Respectful relationships and the ability to work as a team, listen, communicate, negotiate and compromise. Sexual attraction and the law on consent The difference between biological sex, gender identity and sexual orientation How to recognise and report bullying The influence of peers and how to resist peer pressure. 	<ul style="list-style-type: none"> Learning skills – including strengths and weaknesses, how to develop skills, how to set ambitious goals and targets The skills employers are looking for and different type of work patterns. The different patterns of education and work such as employment, self employment and voluntary work How to manage risk when making financial decisions The benefits and positives of social media The risks and opportunities on the internet The negative and positive impact of the way we present ourselves online including the risk of grooming. 	<ul style="list-style-type: none"> The idea of citizenship The foundations of parliament including how laws are passed and the role of MP's. The concept of British values and the importance of democratic processes. The landscape of our local community in Ormskirk, Lancashire and the concept of Multiculturalism. Principles and values that underpin British society The idea of identity How different citizens come together to improve the community and create community cohesion.

Y8	Health and well being	Relationships	Living in the wider world	Citizenship Rights and responsibilities- The law
Key focus	<ul style="list-style-type: none"> The impact the media and social media as on the way we see ourselves The positive and negative coping strategies linked to mental and emotional wellbeing The links between physical and mental health What are the dangerous of drugs and alcohol to our mental, emotional and physical health The danger of vaping The ways to get help in an emergency and first aid County lines 	<ul style="list-style-type: none"> To know the similarities and differences between people of different race, culture, ability, sex, gender identity, age and sexual orientation. How the media affects people's expectations of relationships and sex. Different ideas about gender roles in a relationship different expectations about behaviour and intimacy within a relationship The dangers of sexting and sending or receiving sexual images Contraception and how it is used 	<ul style="list-style-type: none"> Recognising and challenge stereotypes Different routes into the workplace- including vocational and academic. The skills and qualities needed to engage in enterprise Different roles and career pathways Employment rights and responsibilities The social and moral dilemmas of the use of money Strategies to safely manage private information online 	<ul style="list-style-type: none"> What does it mean to be British Know the background to Magna Carta and its main provisions. The change in rights groups such as women throughout history Citizens rights and responsibility within British law Human rights and the UN with a focus on refugees. Religious prejudice and extremism Working to prevent extremism and radicalisation

Y9	Health and well being	Relationships	Living in the wider world	Citizenship- Democracy, elections and voting in the UK
Key focus	<ul style="list-style-type: none"> The link between language and mental health stigma Strategies to help build resilience when faced with setbacks. The importance of personal hygiene including oral health The risks associated with FGM The consequence of drug use including dependence and addiction The risks associated to gambling including debt and addiction Different forms of contraception including barrier methods and the risk of STI's. 	<ul style="list-style-type: none"> How to reduce the risk relating to people online who we do not know How to manage change, including loss, separation, bereavement. How to give, seek, refuse and withdraw consent, focusing on the law and need for respecting each other's decisions. County lines and the peer pressure to join gangs Motivations, misconceptions and the law about carrying weapons. The negative impact of Pornography on the expectations and ideals of relationships 	<ul style="list-style-type: none"> The options available after KS3 and the skills needed to make decisions Different roles and careers related to current and projected labour market information. The benefits and positive uses of social media. The impact of our digital footprint on careers and opportunities. To understand the dangers of extremism and radicalisation online. How to report concerns about online activity 	<ul style="list-style-type: none"> Democracy within Britain and the different political parties and their views. To examine the role Parliament plays in the law-making process The constitution and the role of the monarchy Know the different ways in which citizens can contribute to parliamentary democracy and hold those in power to account. Understand the rights and responsibilities that apply in a representative democracy. To understand the implications and changes as a result of Brexit.

Y 10	Health and well being	Relationships	Living in the wider world	Citizenship- Life in Modern Britain & Rights and responsibilities
Key focus	<ul style="list-style-type: none"> The internal and external influences on our mental health and self confidence and develop empathy towards others and to understand the impact of our actions on the wellbeing of others. To understand the impact of change and how to ask for help and how support the emotional wellbeing of our friends and peers. How to make healthy choices around diet, sleep and exercise. To know the risks of cosmetic and aesthetic procedures such as tattooing, piercings and the use of sunbeds. The consequence of substance use and misuse and wider risks around illegal drugs First aid including CPR and the use of a Defibrillator Different types of intimacy and the physical and emotional consequence STI's, their treatment and how to seek support. To overcome the barriers about sexual health and how to use the sexual health services. 	<ul style="list-style-type: none"> The importance of mutual support, trust, respect and equality within a relationship. The indicators of an unhealthy relationship and how to respond. The importance of stable and committed relationships and the legal rights within marriage and civil partnerships. The law relating to honour based violence and forced marriages. The right, responsibilities and protection under the 2010 Equality act. Understand our own values and how they influence our decisions, and goals and behaviours. Different cultural and religious practises and beliefs concerning relationships and sexual activity. Knowing how to manage our emotions in different stages of a relationship including if a relationship ends. The ways to grieve during relationship changes including divorce and bereavement. How to choose and access appropriate contraception. The legal position of abortion and the physical and emotional responses people might have to unintended pregnancies. How to recognise when a relationship is abusive and the law relating to abuse and coercive control and online harassment. 	<ul style="list-style-type: none"> Our strengths and areas for development in relation to emotional resilience and employability skills and use this to inform goal setting. Future career choices and employability. Labour market information, local, national and international opportunities. Different employment sectors, types and changes to employment opportunities. Values in the workplace, rights and responsibilities including health and safety. How to budget, the benefits of saving and how to recognise financial risk. Recognise and manage what influences financial decisions including gambling, loans, APR rates and consumer rights. 	<ul style="list-style-type: none"> Principles and values in British society today linking to Multiculturalism The rights, responsibilities and role of the media including press regulation and censorship. The role of the UK within key international organisations such as United Nations. The UK, EU and Brexit. Human rights throughout history, and the challenges to human rights including free speech and religious intolerance Local democracy such as how councils are elected and how citizens can play an active role in local decision making. National democracy including the roles of the executive, legislature and judiciary.

Y 11	Health and well being	Relationships	Living in the wider world and citizenship	<p>Assessment: Each key focus will start with a baseline assessment quiz and end with a written summative assessment.</p> <p>Inspirational people: Each key focus will link to an inspirational person such as Michael Mosley, Julia Neuberger, Gee Walker and Steven Bartlett</p> <p>Literacy focus: Each key focus will make links to the books read in tutor time such as a Monster calls. Each key focus will also explore the work of different poets such as Maya Angelou, Joseph Coelho and Benjamin Zephaniah.</p>
Key focus	<ul style="list-style-type: none"> The media and its influence on body image and body shape. How to build resilience and assertiveness towards how we see ourselves. How to avoid negative thinking and strategies for promoting emotional wellbeing. To recognise the warning and trigger signs of mental health concerns, such as stress, anxiety and depression, self harm and eating disorders. Taking responsibility for monitoring our health, including cancer prevention and how to self examine. The consequence of substance use and misuse and wider risks around illegal drugs How to identify and manage risks in different settings such as online, socially and in the workplace The risks and dangerous of gambling. Choices and support in the event of unplanned pregnancy, the possibility of miscarriage and how lifestyle choices a 	<ul style="list-style-type: none"> Diversity in romantic and sexual attraction and developing sexuality. To understand the potential impact of the portrayal of sex in pornography. The impact and influence of the media and online sources on sexual attitudes, expectations and behaviour. Different cultural and religious practises and beliefs concerning relationships and sexual activity. How to recognise the signs of harassment and stalking physically online and how to seek support and help. Understanding sexual assault and the importance of challenging victim blaming. To recognise the impact of drugs and alcohol on choice and sexual behaviour Understand the legal, emotional and social consequences of sending sexual images online. The importance of parenting skills, why some people may adopt / foster Domestic violence, how to seek support and how to challenge gender prejudice and discrimination. 	<ul style="list-style-type: none"> Career progression opportunities such as education, employment and training. The need for challenging stereotypes about particular pathways and to maintain high aspirations. The illegality of discrimination and harassment in the workplace in the workplace. The financial advantages, disadvantages and risks of self, full and part time employment and zero hours contracts. 	



Y 12 + 13	Health and well being	Relationships	Living in the wider world and citizenship
Key focus	<ul style="list-style-type: none"> • Theme – Health. How to live a healthy life. What a healthy life style looks like and the impact of an unhealthy lifestyle. Link – World Heart Day 29th September. • Theme – Mental Health. The importance of mental health and how to live a health life with a healthy mind. How to support others in their mental health. Link – World Mental Health Day 10th October • Theme - HIV and Aids. The facts of HIV and Aids, how it impacts globally and a case study. Link World Aids day 1st December • Theme – Health. The drive for Universal Health Coverage (UHC) and the idea that everyone has the right to quality, affordable health care. Link – 12th December International Universal Health Coverage Day. • Theme – The importance of a healthy diet and the risks of obesity. Link – 10th Jan – Obesity Awareness Week. • Theme – self-injury, an awareness of self-harm, the warning signs that we need to look out for and the impact it can have on the individual and others. How we can help people who self-harm. Link – Self-Injury awareness day 1st March • Theme – debt awareness week, different types of debt, good debt and bad debt and how to get help if debt becomes a problem. Link – Debt Awareness Week 18th March • Theme – Art, a celebration of the arts and encouragement to recognise how creative activities can change how we feel. Link – The International Association of Art (IAA) 15th April • Theme – Children, the rights and freedoms of children, what children need to survive and what they need to thrive. Link – National Children’s Day 15th May. • Theme – hunger, causes of hunger, impact of hunger of the person, impact of hunger across the world. Link – World Hunger Day 28th May • Theme – service, blood donation, who can, how it is done, what it is used for and the impact of donating blood. Link – World Blood Donor Day 14th June • Theme – pollution, how is our world becoming polluted? How can we help? Link – Plastic Free July • Theme – youth, the skills that are needed today for employment in the 21st century. Link – World Youth Skills Day 15th July 	<ul style="list-style-type: none"> • Theme – Dignity. Celebration that everyone deserves to live a life of dignity and an understanding of fundamental human needs. Link – Global Dignity Day, third Wednesday of October • Theme – Kindness and the different types of kind acts that can be done as well as how this is good for the person who delivers the kindness. Link – Random Acts of Kindness day 17th February • Theme – neurodiversity. What neurodiversity is and how to build relationships with neurodiverse people as well as a focus on the benefits of being neurodiverse. Link – Neurodiversity Celebration Week 11th March • Theme – Christian Aid, how we can build relationships with others and the different aid that can be provided to help with this e.g. humanitarian aid, technical aid or bilateral aid. Link – Christian Aid Week – 15th 22nd May • Theme – Friendship, the ingredients of a poisonous friendship and a powerful friendship. Link – 8th June Best Friends Day • Theme – human rights, our relationship with migrants, refugees and immigrants, what is happening in the world and why. Link – World Refugee Day 20th Jun • Theme - LBGQTQIA+, facts and statistics with a focus on how we can make our relationships and communities safe for LBGQTQIA+ communities. Link – LGBT Pride Month June • Theme – disability, the awareness of the different types of disabilities and how people with these can face additional struggles. How we can support and then them. Link – Disability Pride Month • Theme – Sexual Health, understanding what a healthy relationship looks like and how to stay healthy in a sexual relationship. Delivered by NHS 22nd January 	<ul style="list-style-type: none"> • Theme – Knowledge. The importance of literacy. Link - World Literacy Day on the 8th September. • Theme – Medical Ethics. Understanding decisions that need to be made related to Medical Ethics and the legalities and complexities of these decisions. Link – World Medical Ethics Day 18th September. • Theme – Peace. The causes and impact of conflict, the role of the UN, success of gender equal societies. Link – International Day of Peace 21st September • Theme – Racism. How we can be an ally to people who are ethnic minority. Link – Black History Month (October) • Theme – War. Historical wars, the cause of wars, current war and its impact. Link – Remembrance day 11th November • Diwali + Bandi Chhor Diwas. Celebration of the joint festival for Hindu and Sikhs. Link Diwali 12th November • Theme – Charity. Benefits of charity to society and the individual. Link – Movember all November • Theme - Animal Rights. Animal ethics. Link – International Animal Rights Day 10th December • Theme – Christmas traditions and moral messages. Link – Christmas • Theme – Disability. Facts and statistics of disabilities in our society with a focus on equality. Link – World Braille Day • Theme – Religion. The role that religion plays when unifying humanity with a look at the different religions of the world. Link – World Religion Day 21st January • Theme – Holocaust Memorial, an understanding of the terms ‘Genocide’ and ‘Holocaust’ with a case study of a gay, Jewish man living in Nazi Germany. Link – Holocaust Memorial Day 27th January • Theme – Interfaith and the words that are commonly used by world religions that differ amongst the religions. Link – World Interfaith Harmony Week first week of February • Theme – language and a brief understanding of 12 different languages from around the world. Link – International Mother Language Day 21st February • Theme – gender, a focus on the social, economic, cultural and political achievements of women. Link – International Women's Day 8th March • Theme – Easter, what we celebrate, why we have chocolate eggs, the moral message of Easter. Link – Easter • Theme – Passover, an understanding of the Jewish celebration of Passover. Link – Passover 22nd – 30th April • Theme – community, an investigation of two local people who have had / have an impact on the local community as well as local industries that have an impact locally. Link – Local and Community History Month April • Theme – Democracy – the political parties in the UK and what they stand for. Current government concerns. Link – Emmaline Pankhurst Day 14th July