

# Curriculum for Life

## Year Group Overview



Y7	Belonging Autumn 1	Difference & Equality Autumn 2	Positivity & Aspirations Spring 1	Healthy Me Spring 2	Relationships Summer 1	Developing Me Summer 2
	Who am I? fitting in	Prejudice, discrimination, assertiveness, what's important to you?	My dreams and goals Achievement and failure	Stress, effects, tips to combat stress, serotonin	Relationship with self, consent, change, healthy relationships	Reproduction facts, puberty, FGM, breast ironing, changes and how I feel about them
	Influences and influencers, Gateway emotions	Who influence you? Ethical issues, changing attitudes	Key skills needed for the future, what skills would I like to develop	Stress situations, physical reactions, exercise helps to relieve stress	Healthy relationships and support	Responsibilities of having a baby, pregnancy and birth, IVF
	Peer pressure, belonging, child-on-child abuse	Stereotypes and examples	Learning from Mistakes, setbacks. Control over your life	Substances, legal and illegal, classification, law	Emotions in relationships, scenarios	Effective parenting skills, pet care, is it ok to not want kids?, UN Children's' rights
	Online identity, risks and tips to keep safe, child-on-child abuse	Challenging discrimination, protected characteristics and equality act	Influences, consequences of decisions, how could I positively affect my future?	Balanced diet, eating healthily, sleep and exercise benefits	Happy families, discernment, authenticity	Media and image, cosmetic surgery, avatars, self-esteem
	Consequence of online comments, sexting, child-on-child abuse. Online safety	Bullying, why be a bully? Would you intervene? child-on-child abuse. Inclusion or exclusion – importance of being included	Child criminal exploitation, gangs, bystander, emergency aid	Illness, treatment, vaccinations, medicines Loneliness, 5 ways to wellbeing	Assertiveness, rights and responsibilities, sexting, child-on-child abuse consequences	Emotions and moods, factors affecting mood like food, exercise, sleep, hormones, the brain. Becoming an adult recap
	CITIZENSHIP 1 British Values & Identity		CITIZENSHIP 2 Who's in charge?		CITIZENSHIP 3 Active Citizens	