

Curriculum for Life

Year Group Overview



Y9	Belonging Autumn 1	Difference & Equality Autumn 2	Positivity & Aspirations Spring 1	Healthy Me Spring 2	Relationships Summer 1	Developing Me Summer 2
	Relationships, expectations and perceptions, love or abuse?, coercive control, Self-identity, influences, social groups, social media, risks and experimentation	Prejudice, discrimination, protected characteristics and equality act, banter, child-on-child abuse, law and bullying, schools, hate crime LGBT+ rights in the workplace, challenging negative attitudes, why do people judge?	Personal strengths, health goals Importance of planning, career options, world of work, choices	Media misperceptions of youth, Greta Thunberg, making good lifestyle choices Alcohol, effects on the body, the law, risks	Positive and negative impact of relationships, Top 10 tips for healthy relationships, power, child-on-child abuse	Mental health and wellbeing, anxiety, OCD, phobias, depression, being supportive, challenging stigma Change, reactions and responses to change, resilience
	Peer approval, managing personal relationships, child-on-child abuse, damaging relationships, grooming, county lines, radicalisation	Power of positive and negative language, being understood, banter or verbal bullying, child-on-child abuse Types of bullying including online effects on mental health, self-awareness, anti-bullying strategy, child-on-child abuse	Happiness pressure, being happy Mental health and ill- health, causes, support, stigma. Mental well-being strategies	Substances including nicotine and cannabis, vaping, effects of illegal drugs, classification, support	Attraction (body), What is pornography? Pornography and the law, how real is pornography?	Sleep facts and needs, How to sleep better, benefits of relaxing, Resilience, dealing with obstacles, tips on developing resilience
	Groups, being me in a group, peer v friendship, conflict or celebration, child-on-child abuse Positive and negative self-identity, fitting in (leading to crime?) risks, consent Perception, misperception	Diversity, discrimination, protected characteristics, EQ act, Equality. Prejudice and stereotyping, ageism.	Media manipulation & fake news, effects on mental health, self-esteem	Emergency situations, alcohol poisoning, recovery position Drug effects, why use them?, risks, addiction, support Reasons for using substances	Starting a family?, Sex and the law, Age of consent, contraceptive choices Consequences of unprotected sex, physical and emotional	Changing and growing, impact on body and mind Dealing with change
	CITIZENSHIP 1 United Nations		CITIZENSHIP 2 Commonwealth		CITIZENSHIP 3 Human Rights	