



- Self-confident
- Know how to look after our physical and mental health
- Develop positive, respectful and healthy relationships
- Know how to stay safe
- Know the dangers of drugs and alcohol
- Financially aware
- Socially aware
- Have a secure pathway post-16
- Rise to challenges
- Resilient

YEAR  
**11**

- **CEIAG** – personal statements, CV writing, post-16 planning, mock interviews, 1:1 interviews, college applications
- **Finance** - budgeting
- **Study skills** – revision techniques, time management, organisation
- **Exam Wellbeing** – coping with stress
- **RSHE** – Testicular and breast examination, sex in the media, healthy relationships, consent, coercion and persuasion, communication and negotiating effective use of contraception, pregnancy pathways and parenthood

YEAR  
**10**

- **CEIAG** – Work experience, developing employability skills
- **Finance** – Understanding credit/debit/interest, pay slips, risk taking/gambling
- **Drugs and alcohol** – revisiting risks and staying safe
- **County Lines** – Understanding vulnerabilities and grooming, positive relationships
- **RSHE** – Body image, gender identity and sexuality, healthy relationships – consent within sexual activities, readiness for intimacy, contraception, pregnancy pathways

YEAR  
**9**

- **CEIAG** – Personal qualities and jobs, personal skills and jobs, skills for life and work, being enterprising, **GCSE Choices** –A-Z jobs, LMI linked to subjects, understanding pathways 14+
- **Stereotypes** – Gender stereotypes, the Apprentice, stereotypes in the workplace, challenging stereotypes
- **Mental Health** – physical v mental health, stigma, coping with mental health issues
- **Drugs and Alcohol** – knowing your limits, binge drinking, dangers of recreational drug use, research project
- **RSHE** – self esteem, sex and the media, consent, contraception, STIs, accessing help and support

YEAR  
**8**

- **CEIAG** – Your beliefs, being assertive, how do you make decisions?
- **Identity and Discrimination** - Individual differences, What is discrimination? EDI project
- **Mental Health** – What do you know about mental health? Self-esteem, being yourself, mental health challenges, personal stories, getting help and support
- **Drugs and alcohol** – short and long term effects, staying safe, why?, cannabis use, project.
- **Personal safety** – what is it? Hazards and risks.
- **Bullying** – Why people bully, types of bullying, staying positive
- **RSHE** – HPV, diversity in gender and sexuality, romantic and sexual relationships, marriage and the law, sexting, peer support

- **CEIAG** - Changes, who can help?, skills for life, how do you learn?
- **Community** - Being a good citizen, what is a community? Community project
- **Mental Health** – Understanding healthy minds, myths and facts, slammer scenarios, **making a difference**
- **Healthy Lifestyles** – What is a healthy lifestyle, healthy eating, personal hygiene.
- **Bullying** - Bullies and victims, giving advice.
- **RSHE** - The body and how it works, different relationships, same love, healthy relationships

YEAR  
**7**

At Rye College, we demonstrate a positive attitude to our learning, and relationships with others. We engage in our learning with a 'can-do' attitude. We embrace challenging and thought-provoking tasks.



**WE ARE POSITIVE**