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|  | **Term 1**  **Wellbeing** | **Term 2**  **Physical Health, fitness, and healthy eating** | **Term 3**  **Online and the media** | **Term 4**  **Discrimination, and the law** | **Term 5**  **Relationships, Families, Friendships, and community** | **Term 6**  **Being Safe** |
| **Year 7** | **Transitioning into secondary school – positive relationships**  Equipping pupils with compassion, empathy, independence, and communication skills. To build positive and respectful friendships and practical step to improve and support respectful relationships – including bullying | **Growing healthily including introduction to puberty**  Equipping pupils with agency, strategies to manage and decision-making skills: Healthy lifestyles, physical exercise and its impact on mental wellbeing balanced diets, personal hygiene including introduction to puberty | **Digital media, healthy phone and communication online (online safety)**  Equipping pupils with empathy, compassion and communication skills and access to support: rights and responsibility online. Bullying and the law regarding coercive behaviour | **Appreciating community**  Equipping pupils with respect for diversity, and advocacy skills **Discrimination** in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, sexual orientation and the law, including bullying. | **Different types of relationships**  Equipping pupils with risk management, support seeking skills and respect for diversityhaving an appreciation of the various relationships that exist and their legal status including forced and arranged marriages | **Introduction to consent and exploitation**  Developing and equipping pupils with agency and decision-making skills, managing influence and seeking support skills relating to the laws regarding drugs and relationships that can be criminal |
| **Year 8** | **Puberty and positive body image including personal hygiene**  Health and puberty equipping pupils with self-confidence and self-worth as their bodies develop into adolescence including personal hygiene and body image (including online influences) | **Healthy living for the future**  Equipping pupils with self-confidence and self-worth, manage influence and support seeking skills Diet, exercise, lifestyle balance and healthy choices Mental health and emotional wellbeing, how lifestyles and diets impacts the body in the future | **Managing devices and accounts including fake news and echo chambers**  Developing risk management skills, critically evaluate information ensuing they are not being influenced by misinformation | **Know your rights**  Equipping pupils to have risk management, support seeking skills and respect for diversity – including bullying. | **Family status and Relationship values**  Equipping pupils with assertive communication, clarifying values and strategies to manage influence  Positive and healthy relationships in all context: including consent | **Introduction to contraceptives**  equipping pupils understanding of the different types of contraceptives, and why they are used |
| **Year 9** | **Dealing with changes in life**  Developing resilience to cope with different challenges in life. Strategies on how to look after their mental wellbeing, be resilience. Be aware of their mental wellbeing and understand where they can get support | **Body image (including healthy lifestyles)**  Equipping pupils with assertive communication skills and strategies to manage influence. The importance of physical activity to maintain and grow a healthy mind and body | **Scams and sources of support.**  Developing pupils with the knowledge and skills to critically evaluate information authenticity and understanding where to go for support | **Appreciating diversity - Anti-racism and understanding racism including discrimination and prejudice.**  Equipping and developing pupils understanding of the systemic and structural nature of racism. Understand that racism is perpetuated on different levels including law & politics, interpersonal interactions, bias and stereotypes | **Respectful relationships including freedom and capacity to consent**  Equipping pupils with self-confidence and self-worth respecting others beliefs and values – consent and how to improve relationships and strategies to manage influences. | **Sexual relationships including sexting and contraceptives**  Equipping pupils with support –seeking skills, and how, self-worth and confidence to manage influence |
| **Year 10** | **Health and prevention**  Developing and equipping pupils with self-confidence, agency and support-seeking skills: Health prevention & Health promotion and self-evaluation | **Wellbeing, and substance misuse**  Developing and equipping students with the understanding of substance abuse **psychological and physiological** signs and impact. How to support others and themselves. | **Media influences radicalisation and extremism.** Equipping pupils with empathy and compassion, strategies to manage influence and support seeking skills. The laws about sharing content and being influenced by harmful materials including bullying | **Sex and the law including Harassment**  Equipping pupils with the knowledge of the laws skills of managing influence pertaining to harassment and access to support and strategies | **Managing relationship pressures including pressure for consent**  Equipping pupils with assertive communication skills, clarifying values and strategies to manage influence and support seeking skills. Relationships and sex education | **Keeping safe** Equipping pupils with managing influence, and accessing support:. |
| **Year 11** | **Challenges and opportunities**  Equipping and developing self-awareness, communication and organisation skills to: Manage stress and mental health concerns during examination year. | **Lifestyle and reproductive health**  Equipping self-awareness, agency and support-seeking skills. Understanding the process of reproduction on physical, emotional, sexual wellbeing and choices available. | **Extremism and conspiracy theories**  Equipping pupils with self-awareness, respect and communication skills and support-seeking skills. Boundaries/privacy online | **Appreciating diversity**  Equipping pupils with respect for different beliefs,  Communities, belonging and challenging extremism and bullying | **Families and Parenting including managing family conflict**  Equipping pupils with empathy, compassion, clarifying values and support-seeking skills  Parental responsibilities, forced marriages and changing relationship. |  |
| **Year 12** | **Creating influences**  Equipping pupils with self-awareness and communication skills to manage work-life Understanding the benefits of volunteering for personal growth and as part of the wider community | **Healthy choices and safety**  Equipping self-confidence, and managing influence. Equipping pupils with the self-awareness about wellbeing and to challenge health inequalities | **Using social media responsibly**  Equipping pupils with self-awareness, respect and communication skills and support-seeking skills. Boundaries/privacy online and risk management skills, analytical skills to identify unconscious bias, misinformation, disinformation and fake news both on and offline | **Diversity and inclusion**  Equipping pupils with empathy, compassion, assertive communication and respect. Managing about the ways different faith and cultural views can influence relationships and how to challenge this appropriate | **Respectful relationships**  Equipping pupils with assertive communications, support-seeking skills  positive relationships and recognising abuse, managing dangerous situations or relationships | **Health and wellbeing**  Developing agency and decision-making skills and manging influence. The impact of substance misuse, travel, independence and keeping safe. |
| **Year 13** | **Independence**  Equipping and developing self-confidence, showing independence:  Making responsible health choices. | **The Human body**  Equipping students with the way body changes throughout lifetime how lifestyles play a role in fertility and the different routes to parenthood. | **Money management Part 1**  Equipping pupils with resilience and risk management skills preparing for independent life of the importance of savings, pensions, budgeting, financial choices and debt | **Money Management Part 2**  Equipping pupils with resilience and risk management skills preparing for independent life of the importance of savings, pensions, budgeting, financial choices and debt | **Building** **and maintaining relationships**  Equipping with assertive communication skills, and clarifying values  New friendships and relationships including in the work place and conflict resolution |  |