

Term	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	Health & Wellbeing: Transition and Safety Transition to secondary school and personal safety in and outside school, including first aid/ FIRST GIVE PROJECT	Health & Wellbeing: Drugs & Alcohol Alcohol and drug misuse and pressures relating to drug use	Health & Wellbeing: Peer influence, substance use and gangs Drugs and alcohol, substance misuse and gang exploitation	Health & Wellbeing: Mental health Resilience. Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Health & Wellbeing: Motivation, perseverance and resilience. Building for the future Self-efficacy, stress management, and future opportunities
Autumn 2	Living in the Wider World: Developing Skills and Aspirations Careers, teamwork and enterprise skills, and raising aspirations/ FIRST GIVE PROJECT	Living in the Wider World: Community & Careers Equality of opportunity in careers and life choices, and different types and patterns of work	Living in the Wider World: Setting goals Resilience. Learning strengths, career options and goal setting as part of the GCSE options process	Living in the Wider World: Financial decision-making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Living in the Wider World: Next steps Application processes, and skills for further education, employment and career progression
Spring 1	Relationships: Diversity Diversity, prejudice, and bullying	Relationships: Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Relationships: Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Relationships: Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Relationships: Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and
Spring 2	Health & Wellbeing: Health and Puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Health & Wellbeing: Emotional Wellbeing Resilience. Mental health and emotional wellbeing, including body image and coping strategies	Health & Wellbeing: Healthy Lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Living in the wider world: Work experience Preparation for and evaluation of work experience and readiness for work	Health and Wellbeing: Independence Responsible health choices, and safety in independent contexts
Summer 1	Relationships: Building Relationships Resilience. Self-worth, romance and friendships (including online) and relationship boundaries	Relationships: Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Relationships: Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Relationships: Addressing extremism & radicalisation Communities, belonging and challenging extremism	Relationships: Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships
Summer 2	Living in the Wider World: Financial Decision Making Saving, borrowing, budgeting and making financial choices	Living in the Wider World: Digital literacy Online safety, digital literacy, media reliability, and gambling hooks	Living in the wider world: Employability skills Employability and online presence	Health & Wellbeing: Exploring influence The influence and impact of drugs, gangs, role models and the media	