

# Year 7 – 13 Programme 2021/22

	Term 1 Wellbeing	Term 2 Physical Health, fitness, and healthy eating and wellbeing	Term 3 Online and media	Term 4 Discrimination and the law	Term 5 Relationships, Families, Friendships, and community	Term 6 Being Safe
Year 7	Mental health and emotional wellbeing. Strategies, support & friendship Including how to talk about emotions and recognise concerns. Including cyberbullying	Living a healthier lifestyle. Diet, exercise, lifestyle balance and healthy choices, including the changing body, healthy and unhealthy friendships	Legal rights and responsibilities regarding equality when online and using various media, including where to get support.	Stereotypes, the law and respect in the local and wider community Aspirations	Families & friendships (including online) and relationship boundaries & respectful: different types of committed relationships	Healthy and unhealthy relationships & wellbeing: Facts about pregnancy and miscarriage
Year 8	Mental health and emotional wellbeing. Strategies, support & friendship and introduction to the common types of mental ill health.	Healthy routines for a healthy life. Diet, exercise, lifestyle balance and healthy choices including body image and puberty, drug awareness and the law, & the benefits of vaccination and immunisations	Our rights and responsibilities when online and using various media.: including the viewing of harmful content	Stereotypes, the law and respect in the local and wider community. How stereotypes causes damage. Exploring different careers	Families & friendships (including online) and relationship boundaries & respectful: Characteristics and legal status of other long term relationships. Different types if of behaviour within relationships	Healthy and unhealthy relationships & wellbeing: mutual respect in relationships
Year 9	Mental health and emotional wellbeing Strategies, support & friendship. Including that happiness is linked to being connected to others	Keeping healthy and healthy routines for a healthy life. Diet, exercise, lifestyle balance and healthy choices Including gangs, county lines, and drug awareness	Our rights and responsibilities when online and using various media, including the viewing of harmful content	Stereotypes, the law and respect in the local and wider community Next steps GCSE	Families & friendships (including online) and relationship boundaries & respectful – the roles and responsibilities of parents in respect to raising of children	Healthy and unhealthy relationships & wellbeing:: different types of contraception and their efficacy
Year 10/12	Mental health and emotional wellbeing Strategies, support & friendship. Including how to recognise the signs.	Keeping healthy and healthy routines for a healthy life. Diet, exercise, lifestyle balance and healthy choices, including substance abuse awareness, importance of vaccinations, immunisations and managing conflict	Our rights and responsibilities when online and using various media, including pornography presenting a distorted picture of sexual behaviour	Stereotypes, the law and respect in the local and wider community Careers opportunities for the future	Families & friendships (including online) and relationship boundaries & respectful-why marriage is an important relationship choice, entered into freely.	Intimate relationships and how to stay safe, strategies and further support
Year 11/13	Mental health and emotional wellbeing. Strategies, support & friendship including how to critically evaluate their own or others mental wellbeing	Personal hygiene and healthy routines for a healthy life. Diet, exercise, lifestyle balance and healthy choices. Including first aid. Health and prevention.	Our rights and responsibilities when online and using various media including the difficulties of removing potentially compromising materials placed online and risk related to gambling	Stereotypes, the law and respect in the local and wider community. Preparation for 6 <sup>th</sup> form interviews , CVs and personal statements	Families & friendships (including online) and relationship boundaries & respectful: Recognising & judging when relationships are unsafe	