

Year 7 – 13 Programme 2022/23

	Term 1 Wellbeing	Term 2 Physical Health, fitness, and healthy eating	Term 3 Online and media	Term 4 Discrimination, the law	Term 5 Relationships, Families, Friendships, and community	Term 6 Being Safe
Year 7	<p>Positive and healthy friendships including bullying Transition into secondary school. Equipping pupils with compassion, empathy and communication skills to build positive and healthy friendships and practical step to improve and support respectful relationships (including bullying)</p>	<p>Growing healthily including 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 key facts about puberty and first aid. Including FGM and the law</p>	<p>Bullying (including coercive behaviour) Equipping pupils with empathy, compassion and communication skills and access to support: rights and responsibility online. Bullying and the law regarding coercive behaviour</p>	<p>Stereotypes 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</p>	<p>Different types of relationships Equipping pupils with risk management, support seeking skills and respect for diversity having an appreciation of the various relationships that exist and their legal status including forced and arranged marriages</p>	<p>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</p>
Year 8	<p>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)</p>	<p>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 our bodies in the future</p>	<p>Digital literacy Developing risk management skills, analytical skills to identify bias online safety, digital literacy, media reliability, and gambling hooks</p>	<p>Family status Equipping pupils to have risk management, support seeking skills and respect for diversity, Different types of families, parental responsibilities and including forced and arranged marriage</p>	<p>Positive relationships Equipping pupils with assertive communication, clarifying values and strategies to manage influence Positive and healthy relationships in all context: including consent, 'sexting', and an introduction to contraception,</p>	<p>Introduction to contraceptives Equipping pupils with agency and decision making skills, managing influence and support-seeking skills relating contraceptives</p>
Year 9	<p>Substance misuse Equipping pupils with, decision making, risk management skills, and strategies to manage influence Alcohol and drug misuse and pressures relating to drug use. Peer influence. healthy and unhealthy friendships</p>	<p>Healthier choices 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</p>	<p>Extremism/radicalisation Equipping pupils with risk management, support seeking skills, respect for diversity and decision making strategies to manage influence; online extremism/radicalisation and hate crimes.</p>	<p>Identity Developing and equipping pupils with respect for beliefs, values and opinions and advocacy skills. The law: Gender Identity and sexuality including harrasment</p>	<p>Respectful and intimate relationships Equipping pupils with self-confidence and self-worth respecting others beliefs and values – consent and how to improve relationships and strategies to manage influences.</p>	<p>Sexual relationships including sexting Equipping pupils with support – seeking skills, and how, self-worth and confidence to manage influence</p>
Year 10	<p>Health and prevention Developing and equipping pupils with self-confidence, agency and support-seeking skills: Health prevention & Health promotion and self-evaluation</p>	<p>Healthy and unhealthy relationships Developing and equipping pupils with self-confidence, risk management skills and manage influence: how aspects of health can be compromised.</p>	<p>Pornography/Sexting and revenge porn Equipping pupils with empathy and compassion, strategies to manage influence and support seeking skills. The laws about sharing content and the reality of pornography</p>	<p>Harassment Equipping pupils with the knowledge of the laws skills of managing influence pertaining to harassment and access to support and strategies</p>	<p>Sexual relationships (contraceptives and STIs) Equipping pupils with assertive communication skills, clarifying values and strategies to manage influence and support seeking skills. Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</p>	<p>Reality Vs Online and the media Equipping pupils with managing influence, and accessing support: Catfishing, online relationships, reality TV vs the real world addressing teenage issues such as pregnancy, fertility, etc.</p>

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Year 11	Managing stress 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.	Digital Footprint Equipping pupils with self-awareness, respect and communication skills and support-seeking boundaries/privacy online	Hate Crimes Equipping pupils with respect for different beliefs, Communities, belonging and challenging extremism	Families and Parenting Equipping pupils with empathy, compassion, clarifying values and support-seeking skills Parental responsibilities, forced marriages and changing relationship.	
Year 12	Mental health and emotional wellbeing Equipping pupils with self-awareness and communication skills to manage work-life balance for mental health and emotional wellbeing.	Healthy choices and safety Equipping self-confidence, and managing influence. About the effect of idealised images of bodies and how to manage it including first aid.	Readiness for work Equipping goal setting, motivation and self-awareness: Reviewing career opportunities, preparing for work, aspirations for the future, including maintain a professional online presence	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 appropriately	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 managing influence. The impact of substance abuse, travel, independence and keeping safe.
Year 13	Independence Equipping and developing self-confidence, showing independence: Making responsible health choices	Your body Equipping self-awareness, clarifying values and assertive communication: Relationships expectations, recognising coercion and manipulation including first aid.	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	