

Year 7 – 13 Programme 2023/24

	Term 1 Wellbeing	Term 2 Online and the media	Term 3 Physical Health, fitness, and healthy eating	Term 4 Discrimination, and the law	Term 5 Relationships, Families, Friendships, and community	Term 6 Being Safe
Year 7	<p>Positive and healthy friendships including consent Transition into secondary school. Equipping learners 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>Misinformation and disinformation (including online safety – grooming) Equipping learners with skills to understand the indicators of fake information, how information can be generated, manage influence and support seeking skills. Understanding the importance of trust, boundaries online.</p>	<p>Growing healthily including puberty Equipping learners 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 fact about puberty and first aid. Including FGM and the law</p>	<p>Stereotypes (including bullying) Equipping learners 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 (including bullying) Equipping learners 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>Substance misuse and exploitation Developing and equipping learners with agency and decision-making skills, managing influence and seeking support skills relating to the laws regarding drugs and relationships that can be criminal including the revise law on Nitreous Oxide</p>
Year 8	<p>Puberty and positive body image including personal hygiene Health and puberty equipping learners with self-confidence and self-worth as their bodies develop into adolescence including personal hygiene and body image (including online influences)</p>	<p>Digital literacy (including exploitation and county lines) Developing risk management skills, analytical skills to identify bias online safety, digital literacy, and equipping learners with self-awareness, respect and communication skills and support-seeking skills. Understand the importance of. Boundaries/privacy/trust when online</p>	<p>Healthy living for the future Equipping learners 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>Family status Equipping learners 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>Relationship values and healthy relationships Equipping learners 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 (including consent) equipping learners with agency and decision-making skills, managing influence and support-seeking skills relating contraceptives</p>
Year 9	<p>Substance misuse Equipping learners with, decision making, risk management skills, and strategies to manage influence Alcohol and drug misuse and pressures relating to drug us. Peer influence. healthy and unhealthy friendships</p>	<p>Addressing Extremism and radicalisation Equipping learners with risk management, support seeking skills, respect for diversity and decision-making strategies to manage influence; online extremism/radicalisation and hate crimes.</p>	<p>Healthier choices Equipping learners 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>Identity (including bullying) Developing and equipping learners with respect for beliefs, values and opinions and advocacy skills. The law: Gender Identity and sexuality including harassment</p>	<p>Respectful relationships Equipping learners with self-confidence and self-worth respecting others beliefs and values – consent and how to improve relationships and strategies to manage influences.</p>	<p>Intimate relationships (including consent and puberty) Equipping learners with self-worth respecting others beliefs and values – consent and how to improve relationships and strategies to manage influences.</p>

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Year 10	Health and prevention Developing and equipping learners with self-confidence, agency and support-seeking skills: Health prevention & Health promotion and self-evaluation	Inclusion, belonging and addressing extremism Enhancing learners critically thinking skills Equipping learners with respect for different beliefs, Communities, belonging and challenging extremism	Substance misuse Developing and equipping learners with self-confidence, risk management skills and manage influence: how aspects of health can be compromised.	Sexual Harassment (including bullying) Equipping learners with respect for advocacy skills. Discrimination in all its forms, including, sexism, and the law	Sexual relationships, contraceptives and STIs – including consent and puberty) Equipping learners 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	Sexting, sharing images and pornography (including sexual harassment) Equipping learners with the knowledge of the laws skills of managing influence pertaining to harassment and access to support and strategies including cyberflashing and the sharing of deepfake pornography
Year 11	Managing stress including substance misuse Equipping and developing self-awareness, communication and organisation skills to: Manage stress and mental health concerns during examination year.	Protecting against cyber crimes Developing learners with resilience and risk management skills preparing for independent life. Developing the skills of critical thinking protecting against fraudulent activities	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.	Pregnancy choices Equipping learners with empathy, compassion, clarifying values and support-seeking skills about the laws related to abortion, addresses misconceptions and facts, and explores options for help and support		
Year 12	Mental health and emotional wellbeing Equipping learners with self-awareness and communication skills to manage work-life balance for mental health and emotional wellbeing.	Valuing diversity Equipping learners with respect for different beliefs, Communities, belonging and challenging extremism	Healthy choices Equipping self-confidence, and managing influence. About the effect of idealised images of bodies and how to manage it including first aid.	Consent Equipping learners with skills and risk management skills preparing for independent life of the importance their legal and moral responsibilities, and consequences that may result when consent is not sought or respected.	Respectful relationships (including the workplace – bullying) Equipping learners 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 misuse, travel, independence and keeping safe.
Year 13	Independence Equipping and developing self-confidence, showing independence: Making responsible health choices	Money Matters Part 1 Enhancing learner’s resilience and risk management skills preparing for independent life. Developing the skills of critical thinking protecting against fraudulent activities	Money Matters 2 Equipping learners with risk management skills preparing for independent life such as the housing risk management the importance of having a pension and savings. To develop their communications, and support-seeking skills	Money Matters Part 3 Equipping learners with risk management skills preparing for independent life such as knowing about housing – mortgages, housing associations, private rental and council property including council tax		

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