

	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	<b>Health and Wellbeing</b>	<b>Health and Wellbeing</b>	<b>Health and Wellbeing</b>	<b>Health and Wellbeing</b>	<b>Health and Wellbeing</b>
1	How can I grow and improve? Focusing on Personal Development	How can I grow and improve? Focusing on Personal Development	How can I grow and improve? Focusing on Personal Development	How can I grow and improve? Focusing on Personal Development	WORK EXPERIENCE
2	Health and wellbeing introduction	Balanced diets, nutrition and healthy eating choices	Mental health: stigma and the language we use	Resilience, social media, trigger warnings and trauma	How can I grow and improve? Focusing on Personal Development
3	What is mental health – an introduction	The benefits of exercise for physical and mental health	Anxiety – how do we manage it successfully?	How can we help ourselves and others to combat loneliness?	Unwanted, fixed and obsessive behaviours
4	How can we build resilience when life throws us challenges?	What are the consequences of living unhealthily?	How can we stay happy and positive?	Deepfakes: malicious use, the law and staying safe	Criminal behaviour and mob mentality
5	Why are kindness and empathy important?	What do we need to know about eating disorders?	How can we stay happy and positive?	Body image, social media and eating disorders	Criminal behaviour and mob mentality
6	Life online –How can we make the internet safer?	Social media – it is supposed to be fun, why is it also stressful?	Good quality sleep – why it's important and how to get it	What is social anxiety and how do we manage it?	Fertility, menstrual and gynaecological
7	What are the harms caused by vaping?	Group messaging – what's appropriate and what's the law?	How can we eat healthily on a budget?	Cancer screening, prevention, risks and self-examination	Fertility, menstrual and gynaecological
8	Personal hygiene, oral health and preventing infections.	Group messaging – what's appropriate and what's the law?	Why should we only use appropriate and legitimate health services?	Cancer screening, prevention, risks and self-examination	Gender, gender roles and transgender in focus
Booklet					
Autumn 2	<b>RSE</b>	<b>RSE</b>	<b>RSE</b>	<b>RSE</b>	<b>RSE</b>
1	Healthy relationships introduction: what are healthy relationships?	British Values: Tolerance and mutual respect	Relationships in the media	Coercive, Exploitative and Controlling Relationships	Pronouns in the wider world
2	What is trust and why is it important in any relationship?	Masculinity in focus: What does it mean to be a great man?	Relationships in the media	Coercive, Exploitative and Controlling Relationships	Role of Pleasure
3	Maintaining great friendships and avoiding fallouts	Alcohol, risks and relationships	Diverse relationships	Gaslighting Emotional Abuse	Sexualisation of the Media
4	Maintaining great friendships and avoiding fallouts	Alcohol, risks and relationships	Gender stereotypes	Forced Marriage	Pornographic Deepfakes and non-consensual image sharing
5	Anti-bullying – how can we reach out to support victims and stop bullies?	Cyber bullying and online trolls		Divorce, Separation and Loss	Online Dating
6	How can we navigate peer influence and peer pressure?	What is consent and why is it so important?	Gender equality	Assessing Readiness for Sex	Parenting Costs and Considerations
7	How can we navigate peer influence and peer pressure?	What is consent and why is it so important?	Sexual harassment and the law	Neurodiversity explored and explained	Language Microaggression and bullying
Christmas	<b>Christmas</b>	<b>Christmas</b>	<b>Christmas</b>	<b>Christmas</b>	<b>Christmas</b>
Spring 1	<b>The Wider World</b>	<b>The Wider World</b>	<b>The Wider World</b>	<b>The Wider World</b>	<b>The Wider World</b>
1	Why is it important to treat others with respect?	Why are attendance and punctuality so important?	Getting ready for KS4 and the options process	Social media and personal validation	Choosing Post 16 options
2	How do I know what are wants, needs and real priorities?	Ambition, aspiration and setting realistic career goals	Getting ready for KS4 and the options process	What are Hate Crimes? Why are there so many in the UK?	Choosing Post 16 options
3	Why do we need self-esteem and how can we build it up?	What are employability and work skills?	What is the economy and how does it affect us?	What are Hate Crimes? Why are there so many in the UK?	Personal safety and independent travel
4	Why do we need self-esteem and how can we build it up?	What does it mean to be an entrepreneur?	Being responsible with our personal finances	Equity and equality – what's the difference	Ideology and extremism: What is a radical ideology?
5	Why can't we always trust what we see in the media or online	Saving and managing money well for life	Financial Exploitation an online scams	Equity and equality – what's the difference	Ideology and extremism: What is a radical ideology?
6	Introduction lesson: What is race and racism	Why is teamwork an essential life skill?	Financial Exploitation an online scams	What are our rights and responsibilities in the workplace?	Why are online privacy and data protection important?
HALF TERM	<b>HALF TERM</b>	<b>HALF TERM</b>	<b>HALF TERM</b>	<b>HALF TERM</b>	<b>HALF TERM</b>
Spring 2	<b>Health and Wellbeing</b>	<b>Health and Wellbeing</b>	<b>Health and Wellbeing</b>	<b>Health and Wellbeing</b>	<b>Health and Wellbeing</b>
1	What are illegal drugs and what harm can they do?	Self-harm – what is this and why do people do it?	How can I use prescription medicines and antibiotics safely?	Unplanned pregnancy – What are a young person's choices?	Neurodiversity explored and explained
2	What are illegal drugs and what harm can they do?	What do we need to know about knife crime?	How can we get help and perform first aid in emergencies?	What is nitrous oxide and how dangerous is it?	Personal safety and risk on the streets
3	What do we need to know about boys' puberty	What do we need to know about knife crime?	How can we get help and perform first aid in emergencies?	Minimising stress and improving exam performance	Sugar, processed food and disease; what's the link?
4	What do we need to know about periods?	Exploring my personal identity and being the best possible me	What is FGM and what do we need to know?	Mental Health Community and Networks	Suicide and Prevention: What do we need to know?
5	Gratefulness	Exploring my personal identity and being the best possible me	What risks are associated with gambling and chance games?	Sexual Ethics	Why are virginity testing and hymenoplasty illegal?
EASTER	<b>EASTER</b>	<b>EASTER</b>	<b>EASTER</b>	<b>EASTER</b>	<b>EASTER</b>
Summer 1	<b>RSE</b>	<b>RSE</b>	<b>RSE</b>	<b>RSE</b>	<b>The Wider World</b>
1	How do we recognise the signs of online grooming?	Contraceptives – what are these and how do we use them?	Misogyny	Abortion	Types of employment; local, national and abroad
2	Why are families and long-term stable relationships important?	Contraceptives – what are these and how do we use them?	Misogyny	Abortion	Writing fantastic CVs and job applications
3	Why are families and long-term stable relationships important?	An introduction to STIs and sexual health	Grief, loss and its digital legacy	Stalking, Harassment and the Law	Writing fantastic CVs and job applications
4	Falling in love, romance and new feelings	An introduction to STIs and sexual health	Conflict management	Stalking, Harassment and the Law	How can I successfully revise and prepare for my exams?
5	What is marriage and why must it be freely entered into?	How and why do we correctly use condoms ?	Conflict management	Adopting and Fostering	How can I successfully revise and prepare for my exams?
6			Pornography and our brains		How can we prepare for and perform our best at job interviews?
HALF TERM	<b>HALF TERM</b>	<b>HALF TERM</b>	<b>HALF TERM</b>	<b>HALF TERM</b>	<b>HALF TERM</b>
Summer 2	<b>The Wider World</b>	<b>The Wider World</b>	<b>The Wider World</b>	<b>The Wider World</b>	
1	What is stereotyping and why do we do it?	Sexism in society – what issues do we still face today?	Succeeding in a changing and futuristic labour market	Making the most of work experience	EXAMS
2	What are protected characteristics and why are they important	Prejudice and Discrimination: what is ableism?	Why is my appearance online important?	How will AI affect our future careers?	EXAMS
3	What are my qualities and skills and how do I develop them?	County Lines, Gangs, Weapons, Drugs and Risks	Why is my appearance online important?	How will AI affect our future careers?	EXAMS
4	What are my qualities and skills and how do I develop them?	Why are communication skills so important?	What are communities and why do we need them?	Health and Safety: Employment and Law	EXAMS
5	How can we successfully budget our money?	Mental health in work and the wider world	Anti-social behaviour - what is it and what are the consequences?	Tattoos, piercings and body modification	EXAMS
6		Mental health in work and the wider world	Why volunteering is important?	The dangers of cybercrime and the Dark Web	EXAMS
7					EXAMS