

| | HT1 (6) | HT2 (8) | HT3 (5) | HT4 (6) | HT5 (6) | HT6 (8) |
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| | Independence and aspirations | Autonomy and advocacy | Choices and influences | Independence and aspirations | Autonomy and advocacy | Choices and influences |
| Year 7 | Developing goal setting, organisation skills and self-awareness: -Personal identity and values -Learning skills and teamwork -Respect in school -Identifying and challenging bullying | Developing empathy, compassion and communication: -What is a community/ behaviours -Why is politics important -How is your country run - Creating a political party - Elections and campaigning -Political debates and parliament -The rule of law -Individual liberty | Developing agency, strategies to manage influence and decision making: -Regulating emotions -Diet and exercise -Personal hygiene and dental health -Sleep -Drugs, alcohol and tobacco -Ecigs, vaping and the risks | Developing self-confidence and self-worth: -Puberty and managing change -Girls puberty and boys puberty -Self esteem -Staying safe online -Introduction to careers and your future, Unifrog etc. -Financial education and awareness | Developing assertive communication, empathy and support-seeking skills: -Multicultural Britain -What is your identity -The equality act -Breaking down stereotypes -British Values - faiths and beliefs -Challenging Islamophobia | Developing agency and decision making skills: -Assertive consent and boundaries -What makes a good friend -Unwanted contact -Respect and relationships -Pressure and influence -FGM and forced marriage -Masculinity and stereotypes -Safety and first aid |
| Year 8 | Developing risk management skills, analytical skills and strategies to identify bias: -Managing online presence -Digital and media literacy -Staying safe online | Developing respect for beliefs, values and opinions and advocacy skills: -Stereotypes, prejudice and discrimination -Promoting diversity and equality -British Values respect and tolerance -Racism and micro agresions -LGBTQ+ challenging homophobia and being an ally -Building a community and making decisions | Developing agency strategies to manage influence and access support: -Drugs, Alcohol, Ecigs and Vaping -Substance misuse and effects -Introduction to contraception -Resisting peer influence -Online choices and influences | Developing goal setting, motivation and self-awareness: -Aspirations for the future -Employability skills -Career choices/ local labour market information -Exploring careers (Unifrog) -Identity and the world of work, professionalism and communication. | Developing communication and decision making skills, clarifying values and strategies to manage influence: -Criminals, law and society -County lines (who and what) -Law making in the UK -Prisons, reform and punishment -Types of bullying and where to report -Online safety and cyber bullying | Developing agency and strategies to manage influence and access support: -Healthy relationships -Assertive consent -Introduction to contraception -Periods and menstrual cycle -Cancer prevention? cervical? -Maintaining positive mental health -'Sexting' -Abuse - how to identify and report |
| Year 9 | Developing goal setting, analytical skills and decision making: -GCSE options -Sources of careers advice -Employability -Financial decisions the current climate | Developing self-confidence, risk management and strategies to manage influence: -Friendship challenges social media and online stress -Extremism, what is it? -What is terrorism (British Values) -The radicalisation process -Tolerance and mutual respect of difference -Mysogyny, Sexism and incel culture | Developing motivation, organisation, leadership and employability skills: -Careers information and local labour market. -What might be the right career for me? (Unifrog) -Preparation for GCSEs and beyond. - Financial decisions -Saving, borrowing and debt -Gambling? | Developing analytical skills and strategies to identify bias and manage influence: -Maintaining a healthy lifestyle -Different types of addiction -Cannabis and the consequences -Drug classification and the law - Volatile substance abuse -Vaping and the unknown effects -Personal appearance and self esteem | Developing assertive communication, clarifying values and strategies to manage influence: -Healthy/unhealthy relationships -Assertive consent -why have sex? -Pleasure and masturbation -STIs -Contraception -Sexual harrassment and stalking -Relationships and sex in the media | Developing empathy, compassion and strategies to access support: -Mental health (including self harm and eating disorders and body dysmorphia) -Change, loss, bereavement -Appearance ideals and social pressures -The importance of happiness -What is anger -Managing emtions and who to talk to |
| Year 10 | Developing self-awareness, goal setting, adaptability and organisation skills: -Managing transition to KS4 including learning skills -Managing mental health concerns | Developing goal setting, leadership and presentation skills WORK EXPERIENCE PREP! -transferable skills for employment -Post 16 routes and options -Unifrog Careers choices and requirements -Planning for your future pathway. -Exploring a pay check -CV writing for the career you want -Applying for work experience | Developing employability, careers knowledge and preparation for employment: -Communicating in the workplace - professionalism! -How to dress and present yourself. -How to sell/pitch yourself -Interview experience -How to speak over a phone and professional conversations. - Work experience preparation/ professional role play. | Developing empathy and compassion, strategies to manage influence and assertive communication - Promoting emotional wellbeing -Screen time and the safe use of mobiles -Healthy and unhealthy habits -Common types of mental health -Self harm, suicide and support -How to cope with stress | Developing agency and decision making, strategies to manage influence and access support: -Relationship expectations -Impact of pornography -Sexual abuse and rape -Identifying and responding to abuse and harrassment CSE! -Sexting, nudes and illegal images. -Domestic violence and the effects | Developing respect for diversity, risk management and support seeking skills: - Critical thinking and fake news -Exploring British Values: human rights tolerance and respect - Protected characteristics and what this means -Micro agresions and language -The purpose of the law -Causes of knife crime - Honour based violence -Forced marriages |

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| Year 11 | Developing resilience and risk management skills: -Transition to Year 11 -maintaining healthy choices/lifestyle -Coping with change and taking responsibility for yourself -Managing mental health concerns | Developing communication and negotiation skills, risk management and support-seeking skills: -Making safe and healthy lifestyle choices - drugs, alcohol, vaping. -Fertility and what impacts it. -Relationship values love and abuse -Assertive consent and rape -Maintaining sexual health -Managing relationship challenges and endings | Developing confidence, agency and support-seeking skills: -Parenthood -Teen pregnancy choices -Health promotion and self examination (breast, cervical and ovarian cancer) -Health promotion (testicular and prostate cancer) -Social media Vs Real life - appearances and cosmetics | Developing goal setting, leadership and presentation skills: -Unifrog reminder and Post 16 steps -Skills for the employment you want -Applying for employment/college -Online presence and reputation -Preparation for interviews -Professionalism and personality | Developing confidence, self-worth, adaptability and decision making skills: -Recognising and celebrating successes -Transition and new opportunities -Aligning actions with goals | |
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