

| | Autumn 1 (3) Health and Well Being Safety | Autumn 2 (3) Health and Well Being Health | Spring 1 (3) Relationships RSE | Spring 2 (4) Relationships Diversity/Equality | Summer 1 (1) Living in the wider world Values | Summer 2 (4) Living in the Wider World Careers |
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| Y7 | <p>Transition and Safety BQ – How do I prepare for life at NS?</p> <p>Transition to secondary and personal safety – inside and outside of school. First aid pathway</p> | <p>Health and Puberty BQ – How do I respect my body?</p> <p>Healthy routines/personal hygiene, influences on health, advocating for themselves and other. puberty, unwanted contact and FGM</p> | <p>Building Relationships BQ – How do I build and maintain healthy relationships?</p> <p>Romance and friendships (including online). Setting boundaries/exploitation (CSE) Peer pressure and staying positive</p> | <p>Diversity BQ – Why is diversity important?</p> <p>Celebrating what makes us unique. The importance of being kind. Breaking down stereotypes</p> | <p>Politics and Parliament BQ – Why is politics important?</p> <p>Learning about democracy in the UK as part of citizenship and looking at the importance of local MPs.</p> | <p>Financial Education BQ – How do I manage my money?</p> <p>Preparing to manage money in the future and explore careers based on aspirations.</p> |
| Y8 | <p>Drugs and Alcohol BQ – How do I protect my health?</p> <p>Alcohol and drug misuse. Pressure relating to drug use on our mental and physical health.</p> | <p>Emotional Wellbeing BQ – How do I support my well-being?</p> <p>Mental Health and emotional well-being including body image, healthy eating and unhealthy behaviour – eating disorder and self harm, coping strategies First Aid pathway</p> | <p>Identity and relationships BQ – Why is decision making important in relationships?</p> <p>Respecting yourself and dealing with conflict. Different types of relationships. Healthy relationships.</p> | <p>Discrimination and Diversity BQ – Why is equality important?</p> <p>Law around LGBTQ+ Rights across the world Breaking down misconceptions around protected characteristics.</p> | <p>Law and Society BQ How does the law apply to my life?</p> <p>Exploring the law in the UK and the consequences of breaking the law. Signs of danger online – what are the laws around internet.</p> | <p>Proud to be me! BQ – What skills will I need to be successful?</p> <p>Careers and aspirations. Finding a career that will support your mental health.</p> |
| Y9 | <p>Peer Influence, BQ – How do I make positive choices?</p> <p>Healthy and unhealthy friendships, assertiveness, gang exploitation/county lines</p> | <p>Body Confidence BQ – How am I changing physically and emotionally?</p> <p>How do I prioritise self esteem. Dealing with emotions. Diet, exercise, lifestyle balance and healthy choices. Danger of the media First Aid Pathway .</p> | <p>Sexual Health BQ – How do I look after my health in an intimate relationship?</p> <p>Relationships and sex education including consent, sexual harassment in schools, STIs, contraception.</p> | <p>RSE - Respectful Relationships BQ – What are my rights?</p> <p>Sexual consent, toxic relationships – grooming (CSE) Domestic abuse. Delaying sexual activity.</p> | <p>Combatting Extremism and Terrorism BQ – How does the UK protect us against terrorism?</p> <p>Exploring the dangers of extremism and how counter terrorism works in the UK</p> | <p>Essential Life Skills BQ – How do I turn failure into success?</p> <p>Target setting and preparation for KS4. Managing money and budgeting for the future. The danger of online influencers.</p> |

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| Y10 | <p>Mental Health BQ – How can I access Help?</p> <p>Mental Health and ill health, dealing with transition or change. Moral issues impacting young people – gaming, knife crime, gambling</p> | <p>Exploring Influence BQ – how do I protect my mental health?</p> <p>The influence and impact of social media, screen time limits, mental health support, promoting emotional well-being and child abuse signs. First Aid Pathway</p> | <p>Healthy Relationships BQ – Am I making the right decision?</p> <p>Relationships and sex expectations, online pornography – myths vs reality, Sending and receiving explicit pictures</p> | <p>Exploring World Issues BQ – What are the issues across the globe?</p> <p>International Organisations who support peace Women’s Rights Fair and Free Trade</p> | <p>Exploring British Values BQ – What are my Human Rights?</p> <p>Exploring British values such as mutual respect, democracy, individual liberty, and identity.</p> | <p>Your future and beyond BQ – How do I prepare for success in the future?</p> <p>Post 16 options, managing exam stress. Social media vs reality CV writing</p> |
| Y11 | <p>Building for the future BQ How do I look after my health, physical and mental?</p> <p>Self-efficiency, stress management. Checking our bodies.</p> | <p>Personal safety BQ – How do I make positive choices?</p> <p>Online safety, digital footprints, and live streaming. Cosmetic procedures. Staying safe at festivals – link to substance abuse. First Aid pathway</p> | <p>Communication in relationships BQ – How do I protect myself?</p> <p>Respect in relationships - communication, relationship challenges – fertility, peer on peer abuse. STIs, contraception.</p> | <p>Preparing for GCSEs Revision support and intervention</p> | <p>Preparing for GCSEs Revision support and intervention</p> | <p>Preparing for GCSEs Revision support and intervention</p> |
| Y12 | <p>Transition Managing Stress Mental health – coping with exams Time management</p> | <p>Keeping myself safe Drink awareness – Spiking Drugs Drink and drug driving the dangers Health and hormones</p> | <p>Respect What is consent? Sexual health Sexting Sexual violence and harassment</p> | <p>Tolerance Trafficking and exploitation Disability awareness Hate crimes</p> | <p>Reflection Personal statements</p> | <p>Aim Higher Intro to Higher Education Careers – Post 16 Work experience preparations and evaluation</p> |
| Y13 | <p>My Independent Future Living independently My future career and the path to get there</p> | <p>Keeping myself safe Living independently Safer internet and avoiding scams Gambling Human Rights</p> | <p>Respect Honour based violence/forced marriage Coercive control Pregnancy and Abortion</p> | <p>Preparing for exams Exam support</p> | <p>Preparing for exams Exam support</p> | |

