

Theme	Year 7	Year 8	Year 9	Year 10	Year 11
Term 1: Year 7-10: Emotional Wellbeing Year 11: Careers <i>7 weeks</i>	Transition, Person Qualities and Self Esteem <ul style="list-style-type: none"> What is school about? Organisation & Planning Personal Identity Personal Strengths Confidence & Self esteem Accepting and acting on feedback Bullying Peer pressure & belonging 	Relationships <ul style="list-style-type: none"> Bullying, Banter & Positive language Relationships & Control Intimate relationships Romantic relationships Real life Peer pressure Consent Managing challenging content 	Mental Health <ul style="list-style-type: none"> Emotional and mental health Social media & mental health Self-harm Eating disorders Sleep Resilience Addiction – gambling Coping strategies 	Positive Choices. Positive Mind. <ul style="list-style-type: none"> Balance and health Extraordinary bodies and minds Mental health Grief and loss Relationships, power and goals Relationships with peers Relationships and love Ending relationships 	Uniform & Careers <ul style="list-style-type: none"> Personal development Unifrog Post 16 choices CV's and Letters Applications Interviews
Term 2: Citizenship and Community <i>7 weeks</i>	Values <ul style="list-style-type: none"> Personal Core Values Core Values of School and Community Character Education Charity Stereotypes, prejudice & discrimination Positive Relationships Conflict & discernment 	Behaviour and Communication <ul style="list-style-type: none"> Family influences Communication & conflict resolution Faith, race & multicultural Britain Social inequality LGBTQ+ education Different abilities Character education 	Place in the Local Community <ul style="list-style-type: none"> Character education Diversity Ethnicity Religion Visible and invisible disability LGBTQ+ education Being a good citizen 	Extremism and Tolerance <ul style="list-style-type: none"> Character education Multiculturalism, society, and inequality A changing society – social media A changing society - gender Stereotyping and prejudice Extremism Radicalisation 	Citizenship & Community <ul style="list-style-type: none"> Character education Diverse relationships Rights across the world The law Being in a relationship & the Law Being an internet citizen Emergencies
Term 3: British Values	Family and Introduction to British Values <ul style="list-style-type: none"> British Values Structure of Government Different relationships Different families Nature of and importance of relationships Marriage and Civil Partnerships Forced Marriage Being a carer 	Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith <ul style="list-style-type: none"> British Values British Identity Diversity Multicultural Britain Immigration and Emigration Celebrating different cultures 	Individual Liberty and Rights <ul style="list-style-type: none"> Human rights Rights of the child Stereotypes Prejudice Discrimination Equality LGBTQ+ and bullying 	The Rule of Law <ul style="list-style-type: none"> Human rights Discrimination Law, crime and punishment Anti-social behaviour Court Real life cases 	Democracy <ul style="list-style-type: none"> Your vote Our democracy People power Campaigning Campaign planning Democracy in action

5 ½ weeks	<ul style="list-style-type: none"> When relationships change 	<ul style="list-style-type: none"> The government and the media 			
Term 4: Year 7-10: Careers, Work Experience and Work-Related Learning Year 11: Exam Prep & managing stress 6 weeks	Careers & Enterprise <ul style="list-style-type: none"> Unifrog Careers Skills & Attributes Ambition Enterprise Identifying opportunities 	Careers & Enterprise <ul style="list-style-type: none"> Unifrog Careers Skills & Attributes Ambition Enterprise Identifying opportunities 	Careers & Enterprise <ul style="list-style-type: none"> KS4 options pathways Unifrog Careers Skills & Attributes Ambition Enterprise Identifying opportunities 	Careers & Enterprise <ul style="list-style-type: none"> Unifrog Careers Skills & Attributes Ambition Enterprise Identifying opportunities 	Exam Preparation: Managing stress and emotional wellbeing <ul style="list-style-type: none"> Revision Techniques Revision Plan Managing Stress Anxiety Relaxation Mind-mapping
Term 5: Personal Health 6 weeks	Self-Care <ul style="list-style-type: none"> Personal Hygiene Healthy choices – exercise, sleep, vaccinations Coping Strategies Mental Health & wellbeing Understanding substance abuse FGM & Breast ironing 	Drugs <ul style="list-style-type: none"> Me and my health Drug awareness Peer pressure Smoking Vaping Substance misuse 	Cosmetic Surgery <ul style="list-style-type: none"> Male and female body image Media vs. real life Body piercing Tattoos Sun Lamps Cosmetic surgery Substance abuse Pornography Contraception Consent 	Sexual Health <ul style="list-style-type: none"> A changing society -me Health MOT STI's Being an adult, relationships, and the law Sex education Consent Sexual health 	Preparation for life after secondary school <ul style="list-style-type: none"> Safe relationships Intimate relationships & power Pressure in my relationship Hygiene and health Looking forward to relationships Having children
Term 6: Risk and Safety 7 weeks	Keeping Safe <ul style="list-style-type: none"> Road and cycle safety Water safety Making positive choices Gambling Negotiating what we share on social media Managing relationships First aid and lifesaving skills 	e-Safety <ul style="list-style-type: none"> Sharing images The law Power of sharing Sexting Different relationships Coercion Online gaming Kayleigh's Love Story Grooming Pornography Alcohol 	Healthy Relationships/Unhealthy <ul style="list-style-type: none"> Healthy relationships Forced marriage Honour based violence Ending relationships Peer Pressure Consent Gangs Knife Crime Risk & identity Grooming, gangs & crime Online grooming 	Risks and Informed Choices <ul style="list-style-type: none"> Risks in real life and online Sex and pornography Drugs and behaviour Harassment and stalking Adoption, fostering and IVF Teenage pregnancy Abortion Parenting 	GCSE Exam Period