

	Autumn 1	Autumn 2	Spring 1	Spring 2	Spring 1/2	Summer 1	Summer 2
Year 7	Transition and safety – Health & Wellbeing Transition to secondary school and personal safety in and outside school,	Health and puberty – Health & Wellbeing Healthy routines, influences on health, puberty, unwanted contact	Diversity - Relationships Diversity, prejudice, and bullying	Developing skills and aspirations – Living in the wider world Careers, teamwork and enterprise skills, and raising aspirations. First Aid to be covered.	Citizenship – Living in the wider world Head boy, head girl vote. Different electoral system.	Building relationships - Relationships Self-worth, romance and friendships (including online) and relationship boundaries	Citizenship – Living in the wider world Function and uses of money. Saving, borrowing, budgeting and the importance of managing risk
Year 8	Drugs and alcohol – Health & Wellbeing Alcohol and drug misuse and pressures relating to drug use	Community and careers – Living in the wider world Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination - Relationships Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing – Health & Wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Citizenship – Living in the wider world Head boy, head girl vote. Parliamentary democracy	Identity and relationships - Relationships Gender identity, sexual orientation, consent, ‘sexting’, and an introduction to contraception, FGM	Digital literacy – Living in the wider world Online safety, digital literacy, media reliability, and gambling hooks
Year 9	Peer influence, substance use and gangs – Health & Wellbeing Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Setting goals – Living in the wider world Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships - Relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle – Health & Wellbeing Diet, exercise, lifestyle balance and healthy choices, and first aid	Citizenship – Living in the wider world Head boy, head girl vote. Other systems, democratic/non democratic	Intimate relationships - Relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Employability skills – Living in the wider world Employability and online presence

Year 10	Mental health –Health & Wellbeing Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Citizenship – Living in the wider world Income and expenditure. Credit/debit. Insurance, savings, pensions and financial products. The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Healthy relationships - Relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Exploring influence – Health & Wellbeing The influence and impact of drugs, gangs, role models and the media	Citizenship – Living in the wider world Head boy, head girl vote. Human rights and international law	Addressing extremism and radicalisation - Relationships Communities, belonging and challenging extremism	Work experience – Living in the wider world Preparation for and evaluation of work experience and readiness for work
	Building for the future –Health & Wellbeing Self-efficacy, stress management, and future opportunities	Next steps – Living in the wider world Application processes, and skills for further education, employment and career progression	Communication in relationships - Relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Independence –Health & Wellbeing Responsible health choices, and safety in independent contexts	Citizenship – Living in the wider world Head boy, head girl vote. Legal systems	Families - Relationships Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	
Year 11							

