Year 7	Term 1	Term 2	Term 3
Unit(s) – As outlined in 39 week plans	Managing change Building relationships Safety in the home Safety in the wider world Introduction to careers Personal skills and qualities The labour market Finding careers	Healthy relationships and diversity Anti-bullying Sexual-bullying Your changing body Healthy routines Alcohol, smoking and the law	Emotional literacy Attraction & boundaries Online relationships Introduction to personal finance Borrowing and budgeting Safe financial decision
Key Retainable Knowledge & Skills	Managing change identify feeling associated with starting a new school demonstrate strategies to cope better with change Building relationships identify and describe the features that makes a good friend assess why good relationships are important explain the difference between a bystander and an upstander Safety in the home identify potential health and safety risks at home, and explain how to minimise those risk describe what to do if these risks occur Safety in the wider world identify the potential safety risks for a young person in real world setting advise other how to respond to these risks Introduction to careers identify my life and career aspirations familiarise myself with Start and the careers library Personal skills and qualities identify my life and career aspirations identify and describe what is meant by competencies and skills The labour market identify the main UK job sectors explain a variety of jobs and the skills they require assess how the labour market is changing Finding careers identify factors that can affect someone's career describe different sources of careers information assess my own careers understanding	Healthy relationships and diversity describe the difference between a healthy and unhealthy relationship explain how unhealthy relationships impact our self-esteem assess the importance of having diverse relationships Anti-bullying describe how to be a good friend explain the difference between bystander and upstander behaviour predict the impact bullying can have on an individual Sexual-bullying describe what sexual bullying is explain why it is important to raise awareness about sexual bullying Your changing body define body image, and link this to what I already know about puberty describe why some people don't have a positive body image explain strategies to change the perception of body image Healthy routines identity the benefits of exercise to my overall health evaluate strategies to keep teenagers active, happy and healthy Alcohol, smoking and the law identify and assess the law on drinking describe the effect drinking has on the body describe the effects smoking and vaping have on the body	Emotional literacy describe the key terms associated with emotional literacy consider why it is important to talk about how we are feeling Attraction & boundaries identify different types of attraction consider terminology associated with sexual orientation assess the impact of not following personal boundaries Online relationships identify how to avoid dangerous online situations advise students in year 6 how to stay safe online Introduction to personal finance identify the different types of bank accounts I can evaluate which account would be most suitable for different situations Borrowing and budgeting explain the importance of budgeting I can describe some of the methods people may use to budget I can describe the different ways of borrowing money and evaluate when they are appropriate Safe financial decision identify what it means to make a sound financial decision I can assess the dangers around financial decisions

Key Technical Vocabulary	Emotional regulation Anxiety Social withdrawal Healthy coping strategies Unhealthy coping strategies Upstander Bystander Electrocution CPR Recovery position Fire hazard Hoax calls Career goals Aspirations Skills Qualities Competencies Teamwork Responsibility Decision making Communication Leadership Trustworthiness	Healthy relationships Unhealthy relationships Self-esteem Diverse relationships Prejudice Discrimination Online bullying upstander Bystander Sexual bullying Up skirting Puberty Periods Testosterone Oestrogen Menstruation Body image Diet Dental hygiene Physical activity Sleep Smoking Vaping Influence Inappropriate contact FGM	Self-awareness Empathy Emotion regulation Social awareness Gender identity Crush Romantic attraction Emotional attraction Sexual orientation Heterosexual Homosexual Bisexual Stereotypes Romantic relationships Consent Assertive communication Personal finance Bank accounts Saving accounts Credit cards Budgeting Want and needs Risk-taking behaviour Pay day loan Gambling Overdraft Bank loan
Developing Cultural Capital	• Reflecting on emotional changes • Awareness of safety in different contexts • Exploring possible career aspirations and what options are available • Reflecting on personality and career profiles and how these can fit with future career aspirations • British Values – democracy, rule of law, individual liberty and mutual respect	• Reflecting on own health/sleep/exercise routines and how they can be improved • Understand different opinions on diverse relationships • Exploring the law around alcohol and smoking	• Reflecting different emotions associated with attraction • Reflect on own online identify • Understand what is considered a healthy and unhealthy relationship • Understand what is meant by sexual bullying and how this differs to bullying, and online bullying • Understanding basic financial decision
Cross Curricular Links (Authentic Connections)	English – emotions Character education – Careers aspirations	Food technology – healthy diets PE – Importance of exercise Character education – effects of alcohol and smoking, diverse relationships	English – romance novels Computer science – digital footprint Character education – bullying, online safety, making decision

Year 8 CO	Term 1	Term 2	Term 3
Unit(s) – As outlined in 39 week plans	**Alcohol** **Smoking and. Vaping** **Illegal drugs** **Over the counter drugs** **British values** **How is our country run** **Pollical parties** **Our laws**	**Discrimination** **Gender based discrimination** **Challenging discrimination** **Mental health** **Emotional wellbeing** **Resilience and mental health**	**Gender identity** **Consent based contraception** **Sexual orientation** **Digital literacy** **Online dangers** **Sexting and sexualisation**
Key Retainable Knowledge & Skills	**Alcohol** describe the short term and long term effects drinking alcohol can have on the body access the implications alcohol misuse can have on public services **Smoking and. Vaping** describe the effects of nicotine and tobacco discuss why people choose to vape or smoke assess laws around smoking and vaping **Illegal drugs** explain the different categories of drugs describe the effects of illegal drugs access the law surrounding illegal drugs **Over the counter drugs** identity some over the counter drugs, and describe their intended use describe the signs of drug addiction and evaluate the support available for them **British values** Name the five political parties Identify who can and cannot stand for political office Describe what the inside of parliament looks likes **How is our country run** Identify the features of a democratic country Describe British values Describe the role of parliament **Pollical parties** Explain how you vote in a general election Explain the differences between the houses of parliament and the house of lords **Our laws** Explain the role of the prime minister Evaluate the skills the PM needs to be successful Describe how our laws are created and enforced	**Discrimination** **Gender based discrimination** **Challenging discrimination** **Mental health** describe attitudes towards mental health identify challenges around mental health misconceptions **Emotional wellbeing** define what is meant by emotional wellbeing describe ways to promote emotional wellbeing **Resilience and mental health** predict the impact of having resilience on mental health define what is meant by digital resilience suggest healthy coping strategies	

Key Technical Vocabulary	British Values Principles Values Individual liberty Democracy The rule of law Mutual respect Tolerance Parliament Monarchy House of Commons House of Lords Dictatorship Member of parliament Prime Minister Political spectrum Left wing Right wing Ministers Treasury Policies Leadership Alcoholic Alcohol misuse Casual drinking Alcohol abuse NHS Illegal Simulants Hallucinogens Depressants Cannabis Cocaine New Psychoactive Substances Heroine Smoking Vaping Over the counter drugs Addiction	Mental health Myth Stigma Wellbeing Emotional wellbeing Resilience Digital resilience Coping strategies Self-harm Eating disorders Discrimination	Consent Boundaries Personal space Sexual consent Consequence Gender Sex Gender identity Gender orientation Sexual orientation Gender dysphoria Transitioning Pronouns Cisgender Transexual Non binary Genderqueer LGBTQ+ Sexuality Asexual Lesbian Gay Straight Bisexual Transexual Queer Homophobia Relationships Digital literacy Social networks Sexual exploitation Financial exploitation Extremism Radicalisation Sexting Sexualisation Pornography Financial security Gambling Cyber crime
Developing Cultural Capital	• How do British values fit into the world we live in and why are they important • How does politics in the UK work, and how can people get involved with politics • Appreciating some political views (right or left wing) • Reflecting on own views towards politics	• Understanding what is meant by mental health and emotional wellbeing • Understanding factors that can affect mental health • Reflecting on discrimination that is common in society • Exploring ways to challenge discrimination	• Reflecting on gender identify and how this can impact a persons emotions • Understanding laws around consent • Understanding different contraception routes

	• Reflect on laws around alcohol, smoking, vaping, and both illegal and legal drugs		
Cross Curricular Links (Authentic Connections)	History – justice system and criminals Character education – careers, drugs awareness Science – addiction	Character education – discrimination VfS – discrimination	Science – sex and contraception IT – digital literacy, staying safe online Character Ed – Digital literacy

Year 9	Term 1	Term 2	Term 3
Unit(s) – As outlined in 39 week plans	**Healthy relationships** **Assertive behaviour** **Reality of addiction** **Gang exploitation** **Exploring post-16** **Exploring post-18** **What are KS4 options** **Resilience and the future**	**Family diversity** **Maintaining healthy relationships** **Dealing with family change** Fad diets & body image Balanced lifestyle Cancer & self examination	**Intimate relationships** **Contraception & STis** **Online identity and sex** **Employability** **Your career path** **Enterprise project**
Key Retainable Knowledge & Skills	**Healthy relationships** distinguish between a healthy and unhealthy relationship explain the link between unhealthy relationships and self-esteem **Assertive behaviour** identify passive, assertive and aggressive behaviours consider when it is appropriate to use assertive behaviour **Reality of addiction** define addiction and relate this to different substances describe the effects of nicotine addiction access the impact of addiction on society **Gang exploitation** describe contributing factors to a young person joining a gang explain gang exploitation and how this can influence decisions **Exploring post-16** Identify the different post-16 options Consider how interests will help to shape KS4 options and future career ideas	**Family diversity** **Maintaining healthy relationships** **Dealing with family change** Fad diets & body image Identify physical changes the body goes though Describe how puberty an impact on emotions Balanced lifestyle Cancer & self examination	**Intimate relationships** Describe the key terms consent, using an example Explain what the consequences can be if consent is not given **Contraception & STis** Describe the block, supress and disable methods of reducing pregnancy Explain which forms of contraception protect against pregnancy, STI or both Describe the way STIs spread Explain the difference between viral and bacterial STIs **Online identity and sex** Identify different types of relationship Identify risks associated with online safety Identify and explain strategies to keep oneself safe online **Employability** **Your career path** **Enterprise project**

	Explain learning and progression pathways **Exploring post-18** Identify different post-18 options Explain the benefits of each option available Appraise which options may be most suited to me and justify this Consider another's point of view with future decisions **What are KS4 options** Discuss how current choices can impact my future choices Describe skills and qualities Access the options for KS4 **Resilience and the future**		
Key Technical Vocabulary	Healthy relationships Unhealthy relationships Risk Influence Online influence Group think Assertive Passive Aggressive Social normal Addiction Dependence Skills Qualities Career aspirations Job market Labour market GCSEs BTECs Vocational courses Level 3 Degree Undergrad Postgrad Career levels Progression paths Decisions		
Developing Cultural Capital	• Reflecting on the characteristics of healthy and unhealthy relationships • Exploring social issues around addiction and gang exploitation	•	•

	• Understanding the options process		
Cross Curricular Links (Authentic Connections)	Character education – influence, online influence Careers – education choices , post-16, post-18 & KS4 options		

Year 10	Term 1	Term 2	Term 3
Unit(s) – As outlined in 39 week plans	**Young people and mental health** **Recognising poor mental health** **Dealing with poor mental health** **Promoting emotional wellbeing** **Bank accounts and saving** **Budgeting and debt** **Gambling** **Student finance**	**Social issues and relationships** **Implications in relationships** **Impact of media on relationships** **Gangs & drug culture** **Festivals and party drugs** **Sexting and imagery**	**Extremism** **The radicalisation process** **Terrorism & counter terrorism** **Preparing for next steps** **The labour market** **Reflecting on the world of work**
Key Retainable Knowledge & Skills	**Young people and mental health** identify challenges young people might face as they move through adolescence describe ways to promote positive mental health **Recognising poor mental health** identify common mental health issues recognise signs of poor mental health and signpost people to help available **Dealing with poor mental health** explain what is meant by negative thinking patterns and describe how it can impact young people	**Social issues and relationships** **Implications in relationships** Consider emotions involved when trying to leave an abusive relationship Demonstrate empathy towards domestic abuse victims **Impact of media on relationships** **Gangs & drug culture** Explain the different categories of drugs Evaluate the law surround drugs Appraise how drug use can impact individuals in society Explore the physical and mental impact of crack cocaine	**Extremism** Define extremism, terrorism and radicalisation Describe (and consider the meaning) of the terms political soldiers and freedom fighters **The radicalisation process** Explore push pull factors that could make someone vulnerable to radicalisation Explain the difference between tolerance and intolerance **Terrorism & counter terrorism** Describe terrorist events Describe how terrorist events have impacted the UK Explain what is meant by counter terrorism

apply resilience strategies to reframe negative thinking

Promoting emotional wellbeing

describe strategies to promote mental health and emotional wellbeing

Bank accounts

Understand the different types of bank account

Evaluate which account would be most suited for different situations

Explain the importance of saving money

Analyse the different options to save money

Consider which would be best to achieve goals

Budgeting

Explain the importance of budgeting

Describe some of the methods people can use to budget

Describe the different types of debt

Evaluate these methods of borrowing

Identify some of the negative effects of debt

Gambling

Describe the link between risk management and gambling

Explain the consequences of gambling and how it can lead to addition

Student finance

Describe the difference between a tuition and maintenance loan

Consider the advantages and disadvantages of student debt

Festivals and party drugs

Explain the risk associated with festivals and drug use

Define addiction and relate this to different substances

Describe the effects of nicotine addiction

Access the impact of addition on society

Sexting and imagery

Consider issues around sexting and the sending of explicit materials

Explore the law around sexting

Explore whether sexual imaging offers a positive or realistic representation of people in society

Explain how counter terrorism working in the UK and the Prevent Duty

Evaluate the best way to fight extremism

Preparing for next steps

The labour market

Reflecting on the world of work

Key Technical Vocabulary	Savings Cost Essential Budget Short term savings ISAs Investments Bank and building societies Bank accounts Storing money Debit card Direct debit Pin number Credit Overdraft Interest Wage slip National insurance number Tax Wage	Crack cocaine Nicotine Heroin Addiction Withdrawal Legal highs Nitrous ovicide Testing tents Suicide Domestic abuse Domestic violence Coercive control Financial abuse Mental abuse Physical abuse Pornography Accessibility Revenge pornography Abuse Victims of abuse Empathy	Extremism Terrorism Radicalisation Political soldiers Freedom fighters Terrorist events Push factors Pull factors Tolerance Intolerance Vulnerable Grooming Extremist views Counter terrorism Prevent Duty Indicators

	Salary Commission Fees Bonus Overtime Pension Deductions Gross pay Wants Needs Budget Expenses Overdrawn Debt Borrowing Personal finance Loans Mortgages Credit vs debit cards Overdrafts Payday lender Tuition loan Maintenance loan Student debt Living costs		
Developing Cultural Capital	• Reflecting on wants and needs, and how budgeting and saving can accomplish these • Explore the information provided on a wage slip, such as national insurance and how this runs in the UK • Understand how a students loan works and how student debt is different to other debt • Reflect on the impact of gambling and debt in the UK	• Reflecting on the UK law towards domestic abuse, coercive control and revenge pornography • Understanding how drug use can impact individuals and society • Exploring how different drugs are associated with different environments	• British Values – democracy, rule of law, individual liberty and mutual respect, tolerance • Reflect on safety online and vulnerabilities • Explore and understand warning signs of radicalisation
Cross Curricular Links (Authentic Connections)	Computer science – wage slips and budgeting	Science – impact of drugs use on the body	English – persuasive language History – terrorist events Character education – safety online

Year 11	Term 1	Term 2	Term 3
Unit(s) – As outlined in 39 week plans	**Preparing for Y11** **Ambition and expectation** **Resilience and the future** **Healthy online behaviour** **Employability & the future** **Personal statements** **Interview technique** **Political decision**	**Assertive behaviour** **Online safety** **Respectful relationships** **Healthcare services** **Responsible health choices** **Personal safety**	**Family diversity** **Parenthood** **Changes in relationships**
Key Retainable Knowledge & Skills	**Preparing for Y11** **Ambition and expectation** **Resilience and the future** **Healthy online behaviour** Identify risks associated with online safety Identify and explain strategies to keep oneself safe online **Employability & the future** **Personal statements** Identify relevant information that needs to be included in a personal statement Describe what makes a good personal statement Demonstrate how to write a personal statement **Interview technique** Identify the skills needed for a successful application Describe the different components of an application form **Political decision**	**Assertive behaviour** Identify passive, assertive, and aggressive behaviour Consider when it is appropriate to use assertive behaviour Define resilience and identify strategies to improve resilience **Online safety** Identify risks associated with online safety Identify and explain strategies to keep oneself safe online **Respectful relationships** Describing factors involved in a respectful relationship Identify abusive behaviours in a relationship Identify legal implications of abuse Identify behaviours which are classed as sexual harassment Consider laws around sexual harassment Appraise social attitudes and laws around sexual harassment **Healthcare services** **Responsible health choices** **Personal safety**	.
Key Technical Vocabulary	Personals statement Career aspiration Career pathways A Levels BTECs Vocational courses Job sector Curriculum vitae Applications Teamwork Leadership Organisational skills Public speaking		

	Decision making		
Developing Cultural Capital	• British Values – democracy, rule of law, individual liberty and mutual respect	•	
Cross Curricular Links (Authentic Connections)			