

Year 7

Emotional wellbeing: managing change and transition

This unit helps students transition to secondary school, set learning goals and develop social and emotional skills.

Developing learning skills: Helping students thrive in a new key stage – KS3

- Thriving in secondary school
- Goal setting

Emotional wellbeing: managing change and transition

This unit helps students transition to secondary school, set learning goals and develop social and emotional skills

Wellbeing for Life:

- Managing emotions
- Managing reactions
- Developing positive thinking habits
- Managing rumination and worry
- Managing tension and stress

Families and changing relationships

This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation.

Families and committed relationships

- Understanding changing relationships
- Roles in the family

Families and changing relationships

This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation.

Change, loss and grief – KS3

- Managing change, loss and grief
- Family Courts

Financial decisions

This unit supports students to develop their financial literacy and rehearse decision-making and risk assessment skills in relation to money and spending.

Financial Literacy and Inclusion Campaign (FLIC)

- Making spending decisions
- Budgeting
- Getting a job

Financial decisions

This unit supports students to develop their financial literacy and rehearse decision-making and risk assessment skills in relation to money and spending

Financial Literacy and Inclusion Campaign (FLIC)

- The impact of inflation
- The critical consumer
- Decision making: Budgeting for a summer holiday

Thematic Day/ Week- Wellbeing Week

Puberty and keeping safe This unit revisits learning about puberty from KS2. It then focuses on specific learning about testicular and vulval health, as well as how to identify and report abuse

- Puberty and emotional changes
- Menstrual wellbeing

Managing risk in relation to the law

- Serious and organised crime

Anti-bullying Day (Part of Wellbeing Week) and Anti-bullying workshops

Friendship and bullying This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents.

- Friendship and empathy
- Bullying and bystanders
- Friendship challenges
- Similarities, differences and peer influence
- Coercive friendships

Summer 2- Thematic Day

Influences on Relationships- This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences.

Healthy relationships and sexual health

- Healthy and unhealthy relationships
- Managing conflict Consent
- Introduction to consent
- Making Choices
- Deciding what to watch
- Relationships on-screen
- Managing challenging content

Year 8

Health and wellbeing

In this unit, students develop decision-making skills that support a healthy lifestyle and their wellbeing: from considerations about food, exercise and sleep, to assessing the impact of climate change on young people's wellbeing.

Food for thought

- Making healthier choices

Dental health

- Maintaining dental health

Physical activity

- Being active!
- **The sleep factor**
Healthier sleep habits
- **Climate change: empathy and agency** – Climate change and wellbeing

Personal safety and managing risk

This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads, around water, and in relation to alcohol and other drugs.

Firework safety

- Firework safety
- **Drive insured**
Staying safe on the roads

Canal and River Trust:

- Water safety: Have you got their back?

British Heart**Foundation**

- Classroom RevivR
- **Drug education** –
Understanding drugs L2: Tobacco and nicotine L3: Alcohol and risk

Belonging and community

This unit focuses on how to create respectful and cohesive communities. It helps students recognise and challenge bias, stereotypes and discrimination and promote inclusion.

Belonging and community –

- Identity and community
- Bias and stereotypes
- Discrimination and the protected characteristics
- Values and constrictive disagreement
- Diverse and supportive communities

The online world

This unit helps students to recognise how their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users.

Online financial harms

- Click and pay: phones and financial risk
- Gaming, social media and algorithms: The pressure to spend online
- Money matters: Seeking help and support

Under the influence

- The business of influence
- Feeding the algorithm

Healthy and unhealthy relationships

This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support.

NSPCC: Talk Relationships

- Healthy relationships
- Sexualised media
- Safer online relationships
- Sexual harassment and harmful sexual behaviour
- Sharing of nudes
- Consent
- Preventing gender-based violence

Managing money

This unit builds on previous learning about financial decision making to explore aspects of daily economic wellbeing, such as managing bank accounts and different ways of saving and borrowing.

Financial Literacy and Inclusion Campaign (FLIC)

- How to open a bank account
- Reading a bank statement
- How to save money
- How to use a bank card
- How to manage debt
- Decision making: a guide to banking
- Navigating different views
HPV educate

Thematic Day**Personal safety and managing risk**

This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads and around water

Firework safety – Firework safety **Drive insured** Staying safe on the roads

Canal and River Trust: Water safety Have you got their back? **British Heart Foundation** Classroom RevivR

Thematic Day/ Week- Wellbeing Week**Healthy and unhealthy relationships**

This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support.

- Tip of the Iceberg- Connected (Healthy relationships)

Managing risk in relation to the law

- Serious and organised crime

Year 9

Mental health and wellbeing

Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations.

Wellbeing for Life

- Managing strong emotions
- Managing distractions
- Managing disappointments and setbacks

Mental health and wellbeing

Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations.

Wellbeing for Life –

- Unhealthy coping strategies
- Healthy coping strategies

Body modifications

influences and expression

Navigating online

harms This unit explores online harms young people may be exposed to, focusing on how they can respond to deepfake AI images and misogynistic narratives.

Not just flirting –

- Feelings about sharing nudes

Digital deception:

- Understanding deepfakes
- Motivations and consequences
- Tackling deepfakes

Navigating online

harms This unit explores online harms young people may be exposed to, focusing on how they can respond to deepfake AI images and misogynistic narratives

Challenging the

narrative: thinking critically about misogyny

- Exploring harms and misconceptions
- Responding to misogynvny

Careers and future choices

This unit supports students to prepare for making GCSE option choices by thinking about their career goals and future

Navigating work, study and careers

- Exploring career interests
- Work patterns and workplaces
- Managing pressure and seeking support

Careers and future choices

This unit supports students to prepare for making GCSE option choices by thinking about their career goals and future

Navigating work, study and careers

- Preparing for KS4 options
- Opportunities, strengths and managing online presence**
- Showcasing personal strengths
 - Managing online reputation

Thematic Day/ Week- Wellbeing Week
Health and wellbeing

- First Aid course

Drug education

This unit builds on previous learning, focusing on developing skills to manage situations involving alcohol, vapes or other substances.

- Vaping
- Exploring attitudes
- The law and managing risk
- Alcohol and cannabis
- Managing influence

Managing risk in relation to the law

- L2: Serious and organised crime

Thematic Day**Intimate sexual relationships**

In this unit, students revisit learning about consent and learn about healthy, safe sexual relationships, including using contraception

Consent – KS3 L2: Avoiding assumptions L3: Freedom and capacity to consent Healthy relationships and sexual health – Y9 L1: Relationship values L2: Contraception L3: Sexual health L4: Managing the ending of relationship

Year 10

Independence, health choices and wellbeing

This unit supports students to make informed, healthy and responsible health choices as they transition to key stage 4.

Developing learning skills

- Study skills for KS4
- Food for thought – KS4 Making informed choices
- Physical activity – KS4
- Making decisions about being active

Wellbeing

- Menstruation matters
- What is testicular cancer?
- Breast awareness
- Signs, symptom

Exploring blood, organ and stem cell donation

Exploring consent and recognising abuse

This unit revisits and deepens students' understanding of consent, and helps them recognise, challenge and seek support for harmful behaviours or abuse.

Consent – KS4

- The role of intimacy and pleasure
- The impact of pornography
- Pressure, persuasion and coercion

FGM and forced marriage

- FGM
- Forced marriage

Something's Not Right

- Relationship rights

Navigating the online world

This unit helps students understand the impacts and risks of AI and digital technologies, including misinformation, deepfakes, and sharing images.

Understanding AI:

Rights, safety and wellbeing

- How does AI affect our daily lives?
- What are the limitations of generative AI?
- How does generative AI affect our understanding of the world?
- How do chatbots affect relationships?

Digital deception:

Understanding deepfakes – KS4

- What's the harm?
- What can be done?

Not just flirting – KS4

- Social attitudes to sending nudes

Managing influence

This unit helps students to evaluate online content, understand how harmful attitudes such as misogyny spread, and recognise the impact of content on wellbeing, attitudes and behaviour.

Under the influence – KS4

- All about the money?
- Can it be trusted?

Challenging the narrative: thinking critically about misogyny – KS4

- The impact and spread of misogynistic narratives
- Safely challenging misogynistic beliefs and attitudes

Ipsos: Gambling**Friendship, diversity and challenging extremism**

This unit supports students to challenge bullying and harmful attitudes, promote inclusion, and recognise and respond to extremism.

Friendship and bullying – KS4

- Recognising and challenging bullying behaviour
- Recognising and challenging unhealthy attitudes to bullying

Belonging and community – KS4

- Valuing diversity
- Understanding and preventing extremism
- How are people drawn into extremist groups?

Study, work and careers

This unit explores career choices and pathways, work experience, and applications for study or work.

Navigating work, study and careers – KS4

- Identifying career preferences
- Navigating the careers landscape
- Mapping a career path
- Making a good impression
- Preparing for work experience
- Reflecting on work experience

Autumn 2- Thematic Day/ Week- Wellbeing Week**Managing risk in relation to the law**

- Serious and organised crime

Exploring consent and recognising abuse

- Making a Teen- Tip of the Iceberg
- Sex Education assembly

Year 11

Online financial harms

This unit supports students to understand online financial risks, manage spending safely, and recognise and respond to financial exploitation.

Online financial harms – KS4

- Making money online: Rights, risks and cryptocurrencies
- Wanna bet? Controlled and uncontrolled online spending
- Financial exploitation online

Factors, strategies and support

- CIFAS – Anti-fraud education
- Money laundering
 - Social engineering

Safe relationships and sexual health

This unit helps students to recognise healthy and unhealthy relationship behaviours, explore power and control, set boundaries, manage conflict and breakups, and make informed decisions about sexual health

CEOP – Exploited

- Healthy and unhealthy relationships
- Power and control
- Setting boundaries and getting help

Gangs: Managing risks and staying safe

- How it might start
- Risks and consequences
- Getting out Thames Valley Police – Tackling VAWG
- Looking out for each other

Families, fertility and pregnancy

This unit explores family life, including committed relationships and parenting responsibilities, fertility and routes to parenthood, and options in the case of unplanned pregnancy

Committed relationships and family life – KS4

- Long-term commitments
- The legal status of marriage

Parenting Fertility and pregnancy choices

- Fertility and routes to parenthood
- Pregnancy outcomes
- Pregnancy choices

Thematic Day/ Week- Wellbeing Week

Safe relationships and sexual health

Consent- Tip of the Iceberg

HYH- Co-ercive Control

Drug education

Managing risk in relation to the law

L2: Serious and organised crime

Thematic Day- Mock Interview Day

Study, work and careers

- Students prepare CVs and undertake mock interviews with local employers

Healthy Positive Relationships

Students have the opportunity to learn...

1. skills to manage changes in friendships
2. to recognise opportunities to build meaningful relationships in new environments
3. how to articulate their relationship values and apply ethical principles in different types of relationships
4. to evaluate the influence of different faith, cultural or societal views on relationships and sex
5. to evaluate different ways that people express emotional and physical intimacy in relationships
6. how open communication and constructive dialogue can support relationships
7. strategies to manage personal safety in a range of social contexts
8. about reliable and appropriate organisations that provide young people with relationship advice

Boundaries and Consent

Students have the opportunity to learn...

1. the ethical and legal responsibilities involved in seeking consent
2. skills to effectively communicate personal boundaries
3. to evaluate power imbalances within relationships and their potential impact

Harmful Behaviours

Students have the opportunity to learn...

1. to recognise, manage and respond to negative influence, manipulation, coercion and persuasion
2. to recognise and respond to different forms of abuse
3. the illegality of forced marriage, and all forms of so-called 'honour' based violence
4. how to access medical attention and emotional
5. rights and legal protections in relation to unwanted attention, obsessive behaviours, non-contact sexual offences
6. how to report sexual assault, violence or rape
7. evaluate the influence and impact of harmful attitudes, including misogyny
8. ways to safely intervene if witnessing harmful sexual behaviours,
9. the early signs of different exploitative behaviours

Contraception and Parenthood

Students have the opportunity to learn...

1. the skills to confidently discuss with a sexual partner and if necessary, assert, the use of contraception
2. to evaluate the most appropriate methods of contraception
3. how fertility changes for males and females over time
4. factors that influence decisions about whether and when to start a family
5. the implications of unintended pregnancy and young parenthood

Sexual Health

Students have the opportunity to learn...

1. the importance of seeking reliable, accurate information about contraception
2. how to reduce the risk of contracting or passing on a sexually transmitted infection (STI)
3. how to take responsibility for their sexual health

Inclusion, bullying and discrimination

Students have the opportunity to learn...

1. to recognise and safely challenge prejudice and discrimination in all contexts
2. how the Equality Act is applied in different contexts
3. to recognise bullying and harassment in all its forms

Online life and Online harms

Students have the opportunity to learn...

1. to set and maintain clear boundaries around personal privacy and to manage their online content and contact
2. to recognise how idealised images of bodies and pressure to conform, can adversely affect body image and self-esteem
3. the ethical, legal and social implications of sexual image sharing
4. how engaging with online content, including on social media, can expand, limit or distort
5. the push and pull factors that contribute to people's engagement with extreme narratives, (e.g. related to misogyny, faith, politics, the environment)
6. how the business model of the porn industry affects what people view
7. that pornography normalises and promotes sexual behaviours that are harmful, distressing or illegal
8. the implications and potential risks of using new, evolving and sometimes unregulated technologies such as AI chatbots

Mental Health and Wellbeing

Students have the opportunity to learn...

1. a range of strategies for building, maintaining and promoting positive mental health
2. how to recognise and respond to changes in wellbeing
3. about common mental health issues, such as anxiety and depression, and strategies to manage
4. how to recognise signs of disordered eating, self-harm, and alcohol or other substance misuse
5. to analyse and evaluate sources of support available to manage mental health and wellbeing

Healthy Lifestyles

Students have the opportunity to learn...

1. how to take responsibility for monitoring personal health and wellbeing
2. how to maintain a balanced diet and plan meals to prepare themselves, especially on a budget
3. the importance of maintaining work-life balance
4. about common and serious illnesses and conditions
5. the importance of sun safety, warning signs of skin damage, including skin cancers, breast awareness, testicular self-examination and cervical screening
6. reliable sources of medical and health information
7. about considerations and issues relating to body enhancement or alteration

Drug Education

Students have the opportunity to learn...

1. about different legal and illegal substances
2. about the risks and consequences of alcohol and other drug use
3. assess how alcohol and drug use can affect decision making, consent and personal safety
4. how different influences can affect decision making related to alcohol and other drugs, and how to manage them
5. to recognise dependency or signs of a substance use disorder in themselves or others

Managing Risks and Personal safety

Students have the opportunity to learn...

1. to assess risk in a wide range of contexts
2. to manage personal safety in relation to travel
3. to travel safely around the UK and abroad; about the law, rights and responsibilities when travelling abroad
4. how to respond to situations involving aggression, conflict, violence, or weapons; the importance of prioritising personal safety and reporting incidents
5. how to identify when something they are being encouraged or pressured to do is illegal; to evaluate the dangers and consequences of being involved in gangs, serious organised crime or carrying a weapon
6. how to perform first aid and when to call emergency services, even when there may be legal implications

Economic Wellbeing

Students have the opportunity to learn...

1. about the range of banking and personal finance services
2. how to plan expenditure and budget for changes in circumstances
3. about salary deductions, taxation, national insurance and the features of a payslip
4. how to evaluate short- and long-term savings options; how to make decisions about pension contributions
5. to manage financial contracts
6. about interest rates, credit scores and credit agreements
7. about consumer rights, including how to resolve disputes and access appropriate support
8. to evaluate the risks in different financial ventures

Careers Education: aspirations, learning and work

Students have the opportunity to learn...

1. how to effectively manage the transition to post-16 education
2. to set ambitious, realistic career and life goals matched to personal values, interests, strengths and skills
3. to evaluate post-19 options
4. how education and career choices can be positively and negatively impacted by social, political, economic, technological and environmental change
5. how to identify and evidence their strengths and skills when applying and interviewing for future roles
6. how to produce a concise and compelling personal statement and curriculum vitae (CV), and prepare effectively for interview

7. how to maintain their online presence to maximise career opportunities and mitigate potential reputational risks
8. about rights and responsibilities in all types of employment
9. what is meant by, and the importance of, professional conduct
10. when and how to constructively challenge workplace behaviours and advocate for their rights in the workplace; the role of trade unions and professional organisations in supporting and protecting employees
11. career-related and entrepreneurial skills and attributes, including proactivity and taking initiative, organisation and time management, problem-solving, leadership and relationship-building