

Building for the Future
Self-efficacy, stress management and future opportunities

Communication in Relationships
Personal values, communication (contraception and Sexual Health), relationship challenges and abuse

Independence
Responsible health choices and safety in independent contexts

YEAR
11

Next Steps
Application processes, and skills for further education, employment and career progression

Addressing Extremism and Radicalisation
Communities, belonging and challenging extremisms

Employability Skills
Employability and online presence

Work Experience
Preparation for and evaluation of work experience and readiness for work

Healthy Relationships
Relationships and sex expectations, myths, pleasure and challenges including the impact of the media and pornography

Exploring Influence
The influence and impact of drugs, gangs, role models and the media

Mental Health
Mental health and ill health, stigma, safeguarding health including during periods of transition or change

YEAR
10

Healthy Lifestyle
Nutrition, exercise, lifestyle balance and healthy choices, and first aid

Intimate Relationships
Relationships and sex education including consent, contraception, the risks of STIs and attitudes to social media

Financial Decision Making
The impact of financial decisions, debt, gambling and the impact of advertising on financial choices

YEAR
9

Respectful Relationships
Families and parenting, healthy relationships, conflict resolution and relationship changes

Setting Goals
Learning strengths, career options and goal setting

Peer Influence, Substance Use and Gangs
Healthy and unhealthy friendships, assertiveness, substance misuse and gang exploitation

Emotional Wellbeing
Mental health and emotional wellbeing, including body image and coping strategies

Identity and Relationships
Gender identity, sexual orientation, consent, sexting and introduction to contraception

Digital Literacy
Saving, borrowing, budgeting and making financial choices

YEAR
8

Discrimination
Racism, religious discrimination, disability, sexism, discrimination, homophobia, biphobia and transphobia

Building Relationships
Self-worth, romance and friendships (including online) and relationship boundaries

Community and Careers
Equality of opportunity in careers and life choices

Drugs and Alcohol
Alcohol and drug misuse and pressures relating to drug use

Diversity
Diversity, prejudice and bullying

Financial Decision Making
Saving, borrowing, budgeting and making financial choices

Transition and Safety
Transition to secondary school, personal safety in and outside of school, including first aid

YEAR
7

Health and Puberty
Healthy routines, influences on health, puberty, unwanted contact and awareness of FGM

Developing Skills and Aspirations
Careers, teamwork and enterprise skills and raising aspirations

YEAR

7

Developing Skills and Aspirations

Careers, teamwork and enterprise skills and raising aspirations

Transition and Safety

Transition to secondary school, personal safety in and outside of school, including first aid

Diversity

Diversity, prejudice and bullying

Building Relationships

Self-worth, romance and friendships (including online) and relationship boundaries

Health and Puberty

Healthy routines, influences on health, puberty, unwanted contact and awareness of FGM

Financial Decision Making

Saving, borrowing, budgeting and making financial choices

YEAR

8

Discrimination

Racism, religious discrimination, disability, sexism, discrimination, homophobia, biphobia and transphobia

Drugs and Alcohol

Alcohol and drug misuse and pressures relating to drug use

Community and Careers

Equality of opportunity in careers and life choices

Emotional Wellbeing

Mental health and emotional wellbeing, including body image and coping strategies

Identity and Relationships

Gender identity, sexual orientation, consent, sexting and introduction to contraception

Digital Literacy

Saving, borrowing, budgeting and making financial choices

YEAR

9

Respectful Relationships

Families and parenting, healthy relationships, conflict resolution and relationship changes

Peer Influence, Substance Use and Gangs

Healthy and unhealthy friendships, assertiveness, substance misuse and gang exploitation

Setting Goals

Learning strengths, career options and goal setting

Healthy Lifestyle

Nutrition, exercise, lifestyle balance and healthy choices, and first aid

Intimate Relationships

Relationships and sex education including consent, contraception, the risks of STIs and attitudes to social media

Financial Decision Making

The impact of financial decisions, debt, gambling and the impact of advertising on financial choices

YEAR

10

Addressing Extremism and Radicalisation

Communities, belonging and challenging extremism

Employability Skills

Employability and online presence

Mental Health

Mental health and ill health, stigma, safeguarding health including during periods of transition or change

Healthy Relationships

Relationships and sex expectations, myths, pleasure and challenges including the impact of the media and pornography

Work Experience

Preparation for and evaluation of work experience and readiness for work

YEAR
11

Building for the Future
Self-efficacy, stress management and future opportunities

Next Steps
Application processes, and skills for further education, employment and career progression

Communication in Relationships
Personal values, communication (contraception and Sexual Health), relationship challenges and abuse

Independence
Responsible health choices and safety in independent contexts