

Year Group	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Year 7	<b>Life Beyond School Belonging</b> <ul style="list-style-type: none"> <li>Building positive relationships</li> <li>Understanding community and responsibilities</li> <li>Managing transition and change <ul style="list-style-type: none"> <li>Sleep and wellbeing routines</li> </ul> </li> <li>Introduction to money and financial awareness</li> <li>Early career thinking and goal setting</li> </ul>						<b>Health &amp; Wellbeing Puberty</b> <ul style="list-style-type: none"> <li>Physical and emotional changes in puberty</li> <li>Menstruation and male puberty changes <ul style="list-style-type: none"> <li>Personal hygiene and body care</li> <li>Self-esteem and body image</li> <li>Bodily autonomy and consent</li> </ul> </li> <li>Harmful practices and seeking support</li> <li>Dental health and healthy routines</li> </ul>						<b>Relationships &amp; Sex Education Relationships</b> <ul style="list-style-type: none"> <li>Respectful relationships</li> <li>Qualities of healthy friendships</li> <li>Consent and personal boundaries</li> <li>Online friendships and digital safety</li> <li>Positive thinking and self-confidence</li> <li>Peer pressure and assertive communication</li> </ul>						<b>Staying Safe, Online &amp; Offline Staying Safe</b> <ul style="list-style-type: none"> <li>Recognising risk and unsafe situations</li> <li>Trusted adults and help-seeking <ul style="list-style-type: none"> <li>Online safety and grooming</li> <li>Substances and risk awareness</li> </ul> </li> <li>Knife safety and personal safety strategies</li> <li>Gangs and criminal exploitation</li> </ul>						<b>Rights, Responsibilities &amp; British Values Politics</b> <ul style="list-style-type: none"> <li>Why politics matters in everyday life <ul style="list-style-type: none"> <li>How the UK is governed</li> </ul> </li> <li>Role of the Prime Minister and government <ul style="list-style-type: none"> <li>The constitutional monarchy</li> </ul> </li> <li>Parliamentary debate and decision making</li> <li>Elections and democratic participation</li> </ul>						<b>Celebrating Diversity &amp; Equality Celebrating Difference</b> <ul style="list-style-type: none"> <li>Identity and diversity in modern Britain</li> <li>Stereotypes, prejudice and discrimination <ul style="list-style-type: none"> <li>Learning disabilities and ableism</li> <li>Religious discrimination and Islamophobia</li> </ul> </li> <li>Equality, inclusion and community responsibility</li> </ul>						Contextualised Local area risks			
Year 8	<b>Life Beyond School Proud to Be Me</b> <ul style="list-style-type: none"> <li>Identity and self-worth</li> <li>Building confidence and resilience</li> <li>Recognising personal strengths <ul style="list-style-type: none"> <li>Setting personal goals</li> </ul> </li> <li>Managing challenges and setbacks</li> </ul>			<b>Health &amp; Wellbeing Physical &amp; Mental Health</b> <ul style="list-style-type: none"> <li>Understanding mental health and wellbeing</li> <li>Body image and media influence</li> <li>Recognising abuse and safeguarding concerns <ul style="list-style-type: none"> <li>Bullying and support strategies</li> </ul> </li> <li>Healthy eating and lifestyle choices</li> <li>Stress and coping strategies</li> </ul>			<b>Relationships &amp; Sex Education Relationships &amp; RSE</b> <ul style="list-style-type: none"> <li>Healthy and respectful relationships</li> <li>Consent and personal boundaries</li> <li>Communication and respect in relationships</li> <li>Online relationships and digital behaviour</li> <li>Managing relationship pressures</li> </ul>			<b>Staying Safe, Online &amp; Offline Staying Safe</b> <ul style="list-style-type: none"> <li>Recognising exploitation and county lines <ul style="list-style-type: none"> <li>Online grooming and manipulation <ul style="list-style-type: none"> <li>Cyberbullying and online harm</li> </ul> </li> <li>Child exploitation and protection strategies</li> <li>Substance misuse and risk</li> <li>Alcohol awareness and safety</li> <li>Identifying support and safety strategies</li> </ul> </li> </ul>			<b>Celebrating Diversity &amp; Equality Equality, Rights &amp; Discrimination</b> <ul style="list-style-type: none"> <li>Equality and the Equality Act</li> <li>LGBTQ+ identity and inclusion <ul style="list-style-type: none"> <li>LGBTQ+ rights globally</li> <li>Gender equality</li> </ul> </li> <li>Disability discrimination and ableism</li> <li>Removing barriers to equality</li> <li>Racism and discrimination</li> </ul>			<b>Rights, Responsibilities &amp; British Values Law &amp; Justice</b> <ul style="list-style-type: none"> <li>Why laws exist in society</li> <li>Criminal responsibility</li> <li>The youth justice system</li> <li>Rights and responsibilities under the law</li> <li>Justice, fairness and consequences</li> </ul>			Contextualised																					
Year 9	<b>Life Beyond School Essential Life Skills</b> <ul style="list-style-type: none"> <li>Developing resilience and learning from failure</li> <li>Assertive communication and personal boundaries <ul style="list-style-type: none"> <li>Basic first aid and emergency response</li> </ul> </li> <li>Budgeting, debt and financial responsibility</li> <li>Labour market information and careers awareness</li> <li>Social media use and protecting mental wellbeing</li> </ul>						<b>Health &amp; Wellbeing Body Confidence</b> <ul style="list-style-type: none"> <li>Understanding self-esteem and confidence</li> <li>Media influence and unrealistic body standards</li> <li>Recognising bullying and prejudice-based bullying</li> <li>Understanding body development and variation</li> <li>Grief, loss and emotional support</li> <li>Healthy lifestyles and long-term health choices</li> </ul>						<b>Relationships &amp; Sex Education Sex, the Law &amp; Consent</b> <ul style="list-style-type: none"> <li>Legal definition of consent and age of consent</li> <li>Female genital mutilation (FGM) and the law</li> <li>Characteristics of healthy relationships</li> <li>Domestic abuse and controlling behaviour</li> <li>Decision-making around sex and readiness</li> <li>Managing pressure and delaying sexual activity</li> <li>Sexual harassment and stalking</li> </ul>						<b>Staying Safe, Online &amp; Offline Drugs, Substances &amp; Risk</b> <ul style="list-style-type: none"> <li>Understanding what Staying Safe, Online &amp; Offline t drugs are and how they affect the body <ul style="list-style-type: none"> <li>Cannabis and mental health risks</li> <li>Drug classification and the law</li> <li>Party drugs and exploitation risks</li> </ul> </li> <li>Volatile substance abuse and hidden dangers</li> <li>Global drug trade and harm reduction</li> </ul>						<b>Relationships &amp; Sex Education Contraception &amp; STIs</b> <ul style="list-style-type: none"> <li>Understanding STIs and how they spread <ul style="list-style-type: none"> <li>Sexual health testing and clinics</li> </ul> </li> <li>Types of contraception and how they work <ul style="list-style-type: none"> <li>Condoms and dual protection</li> <li>Evaluating contraceptive choices</li> <li>HIV transmission, treatment and stigma</li> </ul> </li> </ul>						<b>Rights, Responsibilities &amp; British Values Extremism &amp; Radicalisation</b> <ul style="list-style-type: none"> <li>Recognising conspiracy theories and misinformation</li> <li>Understanding extremism and terrorism <ul style="list-style-type: none"> <li>The radicalisation process</li> </ul> </li> <li>UK counter-terrorism strategy and Prevent</li> <li>Antisemitism and challenging prejudice</li> <li>Global conflict and international responses</li> </ul>						Contextualised			
Year 10	<b>Life Beyond School Rights &amp; Responsibilities</b> <ul style="list-style-type: none"> <li>Understanding legal rights, responsibilities and moral duties <ul style="list-style-type: none"> <li>Civil law and criminal law distinctions</li> </ul> </li> <li>Marriage, relationships and legal responsibilities</li> <li>Consumer rights and ethical business practices</li> <li>Employment rights and workplace protections</li> <li>Equality law, discrimination and the gender pay gap</li> </ul>						<b>Health &amp; Wellbeing Mental Health &amp; Well-being</b> <ul style="list-style-type: none"> <li>Screen use, social media and digital wellbeing</li> <li>Mental health and mental illness</li> <li>Strategies for emotional wellbeing and resilience</li> <li>Understanding self-harm and recognising distress</li> <li>Recognising warning signs of suicidal thoughts</li> <li>Child sexual abuse awareness and safeguarding</li> </ul>						<b>Relationships &amp; Sex Education Risk, Relationships &amp; RSE</b> <ul style="list-style-type: none"> <li>Sexual decision-making and delaying sexual activity</li> <li>Female genital mutilation (FGM) and safeguarding <ul style="list-style-type: none"> <li>Sexual image sharing and the law</li> </ul> </li> <li>Pornography and unrealistic relationship expectations</li> <li>Media influence on attitudes towards sex and relationships</li> <li>Sexual abuse, coercion and sexual violence</li> <li>Setting boundaries and seeking help in relationships</li> </ul>						<b>Staying Safe, Online &amp; Offline Power, Control &amp; Safeguarding</b> <ul style="list-style-type: none"> <li>Social media validation and online identity <ul style="list-style-type: none"> <li>Online gaming, gambling and digital risks</li> </ul> </li> <li>Protecting personal data and privacy</li> <li>Coercion, honour-based abuse and forced marriage</li> <li>Modern slavery and exploitation</li> <li>Knife crime, pressure and legal consequences</li> </ul>						<b>Celebrating Diversity Exploring World Issues</b> <ul style="list-style-type: none"> <li>International organisations and protection of human rights <ul style="list-style-type: none"> <li>Causes and impacts of war and conflict</li> <li>Aid, fair trade and global development</li> <li>Trade unions, strikes and workers' rights</li> </ul> </li> <li>Women's rights and global gender equality <ul style="list-style-type: none"> <li>HIV, transmission and stigma</li> </ul> </li> </ul>						<b>Rights, Responsibilities &amp; British Values Democracy, Human Rights &amp; British Values</b> <ul style="list-style-type: none"> <li>Critical thinking, misinformation and fake news</li> <li>Hate crime and discrimination in the UK</li> <li>British values and identity in modern society</li> <li>Mutual respect and tolerance in diverse communities</li> <li>Individual liberty and responsibility under the law</li> <li>Human rights and global protections</li> <li>UK democracy and systems of government</li> </ul>						Contextualised			
Year 11	<b>Life Beyond School Health &amp; Looking After Yourself</b> <ul style="list-style-type: none"> <li>Organ and blood donation and the UK opt-out system</li> <li>Pregnancy choices including adoption and termination</li> <li>Realities and responsibilities of teenage parenthood</li> <li>Cancer awareness and national screening programmes <ul style="list-style-type: none"> <li>Recognising abusive relationships</li> </ul> </li> <li>Safeguarding, support networks and help-seeking</li> </ul>						<b>Health &amp; Wellbeing Health &amp; Well-being</b> <ul style="list-style-type: none"> <li>Organ donation and ethical considerations</li> <li>Pregnancy options and decision-making <ul style="list-style-type: none"> <li>Abortion law and ethical viewpoints</li> </ul> </li> <li>Responsibilities of parenthood</li> <li>Cancer awareness and screening</li> <li>Healthy and abusive relationships</li> </ul>						<b>Relationships &amp; Sex Education Sexual Health</b> <ul style="list-style-type: none"> <li>Peer-on-peer abuse and safeguarding</li> <li>Fertility and reproductive health</li> <li>Alcohol and increased risk in social situations</li> <li>Sexual health services and support <ul style="list-style-type: none"> <li>Sexually transmitted infections</li> </ul> </li> <li>Contraception methods and effectiveness</li> <li>Respectful and healthy relationships</li> </ul>						<b>Staying Safe, Online &amp; Offline Online Risk, Body Image &amp; Substance Use</b> <ul style="list-style-type: none"> <li>Risks in live streaming and immersive online spaces <ul style="list-style-type: none"> <li>Digital footprints and reputation</li> </ul> </li> <li>Cyberbullying and group chat dynamics</li> <li>Cosmetic procedures and body image pressure <ul style="list-style-type: none"> <li>New psychoactive substances</li> <li>Nitrous oxide and festival risks</li> </ul> </li> <li>Understanding addiction and support</li> </ul>						Contextualised															