

year	Autumn 1 Health and wellbeing	Autumn 2 Relationships	Spring 1 Living in the wider world	Spring 2 Health and wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
7/8	<p>Transition to secondary school (7A1)</p> <p>Diet, exercise and how to make healthy choices(7/8A1)</p> <p>First aid and personal safety, focusing on road safety(8A1)</p> <p>Diet, exercise and how to make healthy choices(7/8A1)</p>	<p>Diversity, prejudice and bullying including cyber bullying (7S1)</p> <p>Online safety and digital literacy (8S1)</p>	<p>Rights and responsibilities in the community (8A2)</p> <p>Enterprise skills and introduction to careers (7A2)</p>	<p>Mental health and emotional wellbeing, including body image (8S2)</p> <p>The risks of alcohol, tobacco and other substances (7S2)</p> <p>Managing puberty and the issues of unwanted contact and FGM (7S2)</p>	<p>Self-esteem, romance and friendships (7SU1)</p> <p>Exploring family life (7SU1)</p> <p>Introduction to sexuality and consent (8SU1)</p> <p>Introduction to contraception including condom and the pill (8SU1)</p>	<p>Tackling racism and religious discrimination, promoting human rights (8S1)</p> <p>Saving, spending and budgeting our money (7SU2)</p>
9/10	<p>Dieting, lifestyle balance and unhealthy coping strategies (9A1)</p> <p>Peer pressure, assertiveness and risk, gang crime (9A1)</p>	<p>Personal values and assertive communication in relationships (11S1)</p> <p><u>Healthy relationships and consent (9SU1)</u></p>	<p><u>Tackling homophobia, transphobia and sexism (9S1)</u></p> <p>Exploring the influence of role models (10S2)</p>	<p><u>Mental health and ill health, tackling stigma (10A1)</u></p> <p>Online safety and digital literacy (8S1)</p>	<p>Promoting self-esteem and coping with stress Learning and revision skills to maximise potential (11A1)</p> <p>Evaluating the social and emotional risks of drug use (10S2) Assessing the risks of drug and alcohol abuse and addiction. (9S2)</p>	<p>Work experience preparation (TBC)</p> <p>Our values, human rights and community cohesion Challenging extremism and radicalisation (11SU1)</p>
11	<p>Study skills “what type of learner am I”</p> <p>Week by week revision strategy trials</p>		<p>Understanding the college application process and plans beyond school</p> <p>Skills for employment and career progression (11A2)</p>	<p>Promoting self-esteem and coping with stress Learning and revision skills to maximise potential (11A1)</p>		