



Year	7						
Term/DDD	HT1	HT2	HT3	HT4	HT5	HT6	Drop Down Day – HT5
Topic	Relationships and friendships	Looking after our bodies and minds	Respectful relationships	Puberty, drugs and alcohol	Careers	Online	Looking after Myself
Topics covered	<ul style="list-style-type: none"> -Different types of relationship -Relationships and happiness -Legal status of marriage -Importance of marriage -Other long term relationships -Roles of parents -Trustworthy relationships 	<ul style="list-style-type: none"> -How to talk about your emotions -That some things will be good or bad for your mental health and how to recognise this - How to find a healthy balance in your life - How to recognise when to get help with your mental health - How to maintain a healthy lifestyle - The science related to blood and organ donation 	<ul style="list-style-type: none"> -What a positive and healthy friendship will look like -Steps you can take to improve friendships -The negative impact of stereotypes (based on gender, race, religion) -About bullying and the impact of bullying -What it looks like when a relationship become unhealthy -Our rights under the Equality Act 2010 	<ul style="list-style-type: none"> -The facts around the effect of drugs on the body and mind, and associated risks -The law regarding illegal substances - The harms of tobacco and prescribed drugs - Key facts about puberty and what changes occur in the body 	<p>To enable students to explore their values, skills and aspirations.</p> <ol style="list-style-type: none"> 1. Careers library treasure hunt 2. What are skills? 3. Identifying interests 4. Personality profile 5. My dream job 	<ul style="list-style-type: none"> -Expectations of behaviour online and the consequences of negative online behaviour - How to stay safe online -How to report things they find upsetting online - How people create an image of themselves online, that this is often not true, and how this can impact our wellbeing 	<p>Bullying What is bullying and how do I report it? How do I resolve conflict in friendships?</p> <p>Resilience What strategies can I use to help support my mental health? Can I understand how challenge can help me grow? Can I identify where I might need additional support?</p> <p>First Aid Can I carry out basic first aid? Do I know what to do in an emergency?</p> <p>How to be a Good friend Can I set boundaries in friendships? Can I explain when those boundaries have been crossed? Can I accept when I've made a mistake?</p> <p>Taking responsibility for my health Can I build routines to help me live a healthy life?</p>

Year	8						
Term/DDD	HT1	HT2	HT3	HT4	HT5	HT6	Drop Down Day – HT3
Topic	Risk	Looking after our bodies and minds	Careers	Puberty, drugs and alcohol	Respectful Relationships	Online	Safety
Topics covered	<p>-Why is personal hygiene important?</p> <p>-How do I look after my teeth?</p> <p>-Why is physical activity important?</p> <p>-Why is healthy eating important?</p>	<p>-How to talk about your emotions</p> <p>-That some things will be good or bad for your mental health and how to recognise this</p> <p>- How to find a healthy balance in your life</p> <p>- How to recognise when to get help with your mental health</p> <p>- How to maintain a healthy lifestyle</p> <p>- The science related to blood and organ donation</p>	<p>To explore future pathways and develop character skills.</p> <ol style="list-style-type: none"> 1. Careers library treasure hunt 2, Interests profile 3. Personality profile 4. GCSEs, choices, choices 5. What does success mean to you? 6. What are skills? 	<p>-The facts around the effect of drugs on the body and mind, and associated risks</p> <p>-The law regarding illegal substances</p> <p>- The harms of tobacco and prescribed drugs</p> <p>- Key facts about puberty and what changes occur in the body</p>	<p>-What a positive and healthy friendship will look like</p> <p>-Steps you can take to improve friendships</p> <p>-The negative impact of stereotypes (based on gender, race, religion)</p> <p>-About bullying and the impact of bullying</p> <p>-What it looks like when a relationship become unhealthy</p> <p>-Our rights under the Equality Act 2010</p>	<p>-Expectations of behaviour online and the consequences of negative online behaviour</p> <p>- How to stay safe online</p> <p>-How to report things they find upsetting online</p> <p>- How people create an image of themselves online, that this is often not true, and how this can impact our wellbeing</p>	<p>First Aid Can I carry out basic first aid? Do I know what to do in an emergency?</p> <p>Taking responsibility for my health Can I build routines to help me live a healthy life?</p> <p>Reproductive Health Do I understand what pregnancy is like? What options would be available to a pregnant person?</p> <p>STIs What is an STI? What are the symptoms? How are they treated and how can they be prevented?</p> <p>External speaker (Equation) Can I create healthy friendships and relationships?</p>

Year	9						
Term/DDD	HT1	HT2	HT3	HT4	HT5	HT6	Drop Down Day – HT4
Topic	Relationships and family	Looking after our bodies and minds	Respectful relationships	Careers	Online and media	Drugs and alcohol	Happy and Healthy Relationships
Topics covered	<ul style="list-style-type: none"> -Different types of relationship -Relationships and happiness -Legal status of marriage -Importance of marriage -Other long term relationships -Roles of parents -Trustworthy relationships 	<ul style="list-style-type: none"> -How to talk about your emotions -That some things will be good or bad for your mental health and how to recognise this - How to find a healthy balance in your life - How to recognise when to get help with your mental health - How to maintain a healthy lifestyle - The science related to blood and organ donation, and stem cell donation 	<ul style="list-style-type: none"> -What a positive and healthy friendship will look like -Steps you can take to improve friendships -The negative impact of stereotypes (based on gender, race, religion) -About bullying and the impact of bullying -What it looks like when a relationship become unhealthy – including issues around sexual harassment, violence and other criminal behaviour -Our rights under the Equality Act 2010 	<p>To develop an aspirational action plan and further explore potential pathways through use of Labour Market Information and interactions with local employers and education providers</p> <ol style="list-style-type: none"> 1. What makes a great leader? 2. Talking about your activities 3. Interest profile 4. Personality profile 5. Your skills, your team, your future 6. Post 16 intentions 	<ul style="list-style-type: none"> - How people create an image of themselves online, that this is often not true, and how this can impact our wellbeing - The risk around viewing/participating in dangerous online behaviour (such as sending sexually explicit images) - How to stay safe online (including losing money online) - How information is targeted at us online, and how to be a discerning internet user 	<ul style="list-style-type: none"> -The facts around the effect of drugs on the body and mind - Risks around behaviour whilst under the influence of drugs/alcohol -The law regarding illegal substances - How to help somebody in an emergency - The harms of tobacco and prescribed drugs 	<p>Reproductive Health Do I understand what pregnancy is like? What options would be available to a pregnant person?</p> <p>STIs What is an STI? What are the symptoms? How are they treated and how can they be prevented?</p> <p>How to be a Good friend Can I set boundaries in friendships? Can I explain when those boundaries have been crossed? Can I accept when I've made a mistake?</p> <p>Social Media Can I understand that people curate an image of themselves on social media? Can I make choices around social media that improve my body image?</p> <p>External speaker (Mariposa) Can I understand what consent, harassment and sexual violence are? Can I understand how to keep myself safe? Do I know when a relationship has become really unhealthy?</p>

Year	10						
Term/DDD	HT1	HT2	HT3	HT4	HT5	HT6	Drop Down Day – HT5
Topic	Free Speech	Looking after our bodies and minds	Respectful relationships	Drugs and alcohol	Online and media	Careers and work experience	Resilience
Topics covered	<p>-What are people’s rights around free speech?</p> <p>-What are British values?</p> <p>-How do we stop hate speech?</p> <p>-What is democracy?</p> <p>-Why is the rule of law important?</p>	<p>-How to talk about your emotions</p> <p>-That some things will be good or bad for your mental health and how to recognise this</p> <p>- How to find a healthy balance in your life</p> <p>- How to recognise when to get help with your mental health</p> <p>- How to maintain a healthy lifestyle</p>	<p>-What a positive and healthy friendship will look like</p> <p>-Steps you can take to improve friendships</p> <p>-The negative impact of stereotypes (based on gender, race, religion)</p> <p>-About bullying and the impact of bullying</p> <p>-What it looks like when a relationship become unhealthy – including issues around sexual harassment, violence and other criminal behaviour</p> <p>-Our rights under the Equality Act 2010</p>	<p>-The facts around the effect of drugs on the body and mind</p> <p>- Risks around behaviour whilst under the influence of drugs/alcohol</p> <p>-The law regarding illegal substances</p> <p>- How to help somebody in an emergency</p> <p>- The harms of tobacco and prescribed drugs</p>	<p>- How people create an image of themselves online, that this is often not true, and how this can impact our wellbeing</p> <p>- The risk around viewing/participating in dangerous online behaviour (such as sending sexually explicit images)</p> <p>- How to stay safe online (including losing money online)</p> <p>- How information is targeted at us online, and how to be a discerning internet user</p>	<p>Develop employability skills and engage with local employers and education providers.</p> <ol style="list-style-type: none"> 1. Interest profile 2. Personality profile 3. Post 16 intentions 4. Maximising your potential 5. CV's and cover letters 6. A level choices 	<p>Unhealthy Relationships Can I understand what consent, harassment and sexual violence are? Can I understand how to keep myself safe? Do I know when a relationship has become really unhealthy?</p> <p>Conflict What is bullying and how do I report it? How do I resolve conflict in friendships?</p> <p>Resilience How do I develop an attitude of resilience when it comes to facing difficulties?</p> <p>Healthy Relationships Can I set boundaries in friendships? Can I explain when those boundaries have been crossed? Can I accept when I’ve made a mistake?</p> <p>Wellbeing What strategies can I use to help support my mental health? Can I understand how challenge can help me grow? Can I identify where I might need additional support?</p>

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Year 11					
Topic	1	2	3	4	5
Topic	Body image	Online safety	Healthy minds	Healthy body	Healthy body
Topics covered	-How the internet affects my wellbeing -Social media -Body image	-Online sexual abuse -Targeted information	- Physical and mental health -Healthy eating -Healthy relationship with food and body	-Importance of sleep -Breast cancer -Testicular cancer	-Alcohol risks -Alcohol and the law -Drugs abuse -Drugs and the law

Drop Down Day topics selected in liaison with Year Leader so that information is relevant to whatever issues the year group are struggling with at that time – any additional sessions used to continue to cover statutory requirements.