

KS3 & KS4 curriculum themes: Health and Wellbeing Relationships Citizenship

Term	Year 7 Life Skills	Year 8 Life Skills	Year 9 Life Skills	Year 10 Life Skills	Year 11 Life Skills	Talks/sessions
Autumn 1	<p>Getting to Know You</p> <p>Create a personal profile - likes/dislikes/what you need from others</p> <p>Fact or Fiction</p> <p>How to assess sources and fact check</p> <p>Online Safety</p> <p>Protecting yourself from identity theft and exploitation. CEOPS.</p> <p>Puberty</p> <p>Understanding emotions and how to deal with them</p> <p>Physical changes and how to deal with them</p>	<p>Facts4Life – Mental Health and Wellbeing</p> <p>Ups and downs of life</p> <p>Balance</p> <p>Feelings</p> <p>5 ways to wellbeing</p> <p>Causes of illness - chance or choice?</p> <p>Positive relationships in life</p> <p>Unhealthy relationships - domestic violence</p> <p>OAKS - 5 ways to wellbeing</p>	<p>Term 1 & 2</p> <p>Being Mankind – Boys do cry</p> <p>Positive masculinity and mental health</p> <p>Role models, contributing to society and achieving your dreams</p> <p>Healthy and unhealthy relationships</p> <p>Positive and negative influences</p> <p>Reflecting on lessons about positive masculinity</p>	<p>Term 1 & 2</p> <p>Incel Sub Culture</p> <p>What is Incel Sub Culture</p> <p>Positive relationships</p> <p>Anti - Racism</p> <p>What does racism look like</p> <p>What does it mean to be anti-racist</p> <p>Anti - Semitism</p> <p>What does semitism look like</p> <p>What does it mean to be anti-semitic</p> <p>Radicalisation</p> <p>What does radicalisation and extremism mean</p> <p>Understand the law and how it applies to radicalisation</p> <p>Online Threats</p>	<p>Term 1 & 2</p> <p>Sleep Hygiene</p> <p>Importance of sleep and the impact of of bad sleep hygiene</p> <p>Family Life</p> <p>Positive relationships within families</p> <p>Why some families are different</p> <p>Revision</p> <p>Study Skills</p> <p>November</p> <p>What is Movember and what does it represent</p> <p>How to recognise the signs of any issues</p> <p>Economic Wellbeing</p> <p>Finance</p> <p>Saving</p> <p>Spending money</p>	<p>Y8 Chelsea's Choice – exploitation</p> <p>Y11 - Positive Masculinity</p> <p>Schoolbeat:</p> <p>Y7 - Grooming and Exploitation</p> <p>Y8 - Sexting</p> <p>Y9 - Domestic Abuse</p>
Autumn 2	<p>Emotions</p> <p>Worry and stress and how to cope</p> <p>Friendships</p> <p>Importance of friendship, how to be a good friend</p>	<p>Dementia Project –</p> <p>Causes</p> <p>Symptoms</p> <p>Living Well with Dementia</p>	<p>Finance</p> <p>Saving</p> <p>Borrowing</p> <p>Security and fraud</p>	<p>Online Threats</p>	<p>Economic Wellbeing</p> <p>Finance</p> <p>Saving</p> <p>Spending money</p>	<p>Y7 - Grooming and Exploitation</p> <p>Y8 - Sexting</p> <p>Y9 - Domestic Abuse</p>

	<p>Anti-Bullying</p> <p>What is bullying. How to help/get help.</p> <p>Protected Characteristics</p> <p>The Equality Act 2010</p> <p>Sharing Images/Pornography</p> <p>Sharing nude images and the law</p> <p>Family Relationships</p> <p>Causes of conflict and how to deal with them</p>	<p>Assisted living</p> <p>Tackling stigma</p> <p>Minimising the risk of developing dementia</p> <p>Creating memory boxes</p> <p>Careers</p> <p>Looking at employment sectors</p>		<p>The effects of cyber crime and the law surrounding it</p>	<p>Who to speak to if there are any concerns</p>	<p>Y11 Calling it Out - Sexual Abuse</p>
Spring 1	<p>Right and Wrong</p> <p>Morals and values. How you treat others in society.</p> <p>Rights and Responsibilities</p> <p>Human rights</p> <p>Consumer Rights</p> <p>Rights in relation to goods and services</p> <p>Democracy (links to British Values)</p> <p>Introduction to national and local political systems</p>	<p>Smartphones</p> <p>Are we addicted?</p> <p>Vaping</p> <p>The dangers of vaping</p> <p>Smoking</p> <p>Laws around smoking and why they exist</p> <p>Gambling</p> <p>Facts and attitudes</p>	<p>Term 3&4</p> <p>Pornography</p> <p>What is pornography and what is its impact</p> <p>Attitudes to pornography and the law</p> <p>Consent</p> <p>What is consent</p> <p>Discussion of consent scenarios</p>	<p>Term 3&4</p> <p>Sexual Health</p> <p>The importance of sexual health.</p> <p>Coercive Control and abusive relationships</p> <p>What is coercion and control</p> <p>Positive relationships</p> <p>How to recognise an abusive relationship</p>	<p>Term 3&4</p> <p>Careers</p> <p>Different careers and employment sectors</p> <p>Options after Yr 11</p> <p>Anti - Racism</p> <p>Recognise racist behaviour</p> <p>LGBTQ</p> <p>What does it mean to be an ally</p>	<p>Schoolbeat:</p> <p>Y7 - Drugs</p> <p>Y8 - Knife Crime</p> <p>Y9 - County Lines</p>

	<p>Work</p> <p>Why people work. What you want in a job.</p> <p>Charity</p> <p>Charities and why we donate</p> <p>Community</p> <p>Importance of community. Moving to a new community.</p>	<p>Alcohol</p> <p>Dangers of alcohol and responsible drinking</p> <p>Drugs</p> <p>The effects and dangers of drugs</p> <p>Knife Crime</p> <p>Causes, effects and the law</p>	<p>Recognising Unhealthy Relationships</p> <p>Managing conflict in relationships</p> <p>Image-Based Abuse</p> <p>What is revenge porn and what is its effect</p>	<p>Pregnancy and Pregnancy loss</p> <p>Facts and attitudes</p> <p>Abortion</p> <p>The causes, effects and the law</p> <p>Controlled Substances</p> <p>The dangers of all substances</p> <p>The laws around controlled substances</p>	<p>Inclusion and Belonging</p> <p>Equality and diversity</p> <p>Respecting people's differences</p> <p>Relationships</p> <p>Healthy and unhealthy one-to-one intimate relationships</p> <p>Strategies to build healthy lasting relationships</p>	
Spring 2	<p>Wellbeing</p> <p>Five ways to wellbeing</p> <p>Confidence</p> <p>Self esteem</p> <p>Nutrition</p> <p>Balanced diet</p> <p>Hygiene</p> <p>Personal hygiene</p> <p>Dental Hygiene</p> <p>Looking after your teeth</p> <p>Sleep</p> <p>The importance of sleep and how to improve sleep</p>	<p>Body Image</p> <p>The media and body image</p> <p>Advertising and body image/stereotypes</p> <p>Healthy Relationships</p> <p>Healthy relationships v unhealthy relationships</p> <p>Catcalling</p> <p>What it is and what to do</p> <p>Pornography</p> <p>Harmful images and stereotypes v reality</p> <p>Identity and Sexuality</p>				

		LGBT identity and history British Values What are they and how do they link to school values				
Summer 1	First Aid Basic first aid, recovery position, calling 999 How to give CPR Peer Pressure How to deal with/resist it Internet Safety Privacy online and avoiding risky behaviour eg sharing images Sun Safety Protecting your skin Water Safety Dangers of open water Network Rail Rail Safety	Sugar The harmful effects of sugar Energy Drinks The facts about energy drinks Protein Shakes The healthy way to obtain protein Psychoactive Substances Dangers of NPS and Nitrous Oxide	Term 5&6 Vaping Vaping by young people and the consequences of vaping Knife Crime Dangers and impact of carrying a knife County Lines What is County Lines and what to do if you are worried Sexism Examining gender stereotypes Sexual Exploitation What is sextortion and what can you do	Term 5 & 6 British Values What are the British Values. How do British Values prevent extremism Online Safety Digital footprint How to be safe Gambling Dangers and impacts of gambling Safe Sex (Sex Education) Resources available on request The Law, contraception, bodies, Consent. Equality Act	Term 5 & 6 Mental Health How to cope with exam pressure Who to talk to Revision GCSE Revision skills	

<p>Summer 2</p>	<p>Types of Family</p> <p>Different types of family</p> <p>Committed Relationships</p> <p>What makes a stable and healthy relationship</p> <p>Respect/equality</p> <p>What it is and how to display positive behaviours</p> <p>Being a Parent</p> <p>Parental responsibilities</p> <p>Year 7 Reflection</p> <p>Reflection on Y7 and presentations</p>	<p>Being mankind</p> <p>Gender stereotypes in society</p> <p>Positive male role models</p> <p>Understanding and accepting diversity</p> <p>Peer pressure and bullying</p>	<p>FGM</p> <p>What is FGM and why do we need to know about it</p> <p>British Values</p> <p>Why British Values are important in our society</p>	<p>Why the equality act is important in our society</p> <p>What does the Equality Act mean to us</p>		
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