

## Long Term Overview

Year	Autumn 1 Health & Wellbeing	Autumn 2 Living in the Wider World	Spring 1 Relationships	Spring 2 Health & Wellbeing	Summer 1 Relationships	Summer 2 Living in the Wider World
Year 7	<p><b>Transition and safety</b> Transition to secondary school and personal safety in and outside school, including first aid</p> <p>Diet, exercise and how to make healthy choices</p>	<p><b>Developing skills and aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations</p> <p>Anti-bullying/ friendship Introduction to LGBT terminology</p>	<p><b>Diversity</b> Diversity, prejudice and bullying including cyber bullying</p> <p>Managing on- and off-line friendships</p>	<p>The risks of alcohol, tobacco and other substances</p> <p>Managing puberty and the issues of unwanted contact and FGM</p>	<p><b>Building relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries</p> <p>Exploring family life</p>	<p><b>Financial decision making</b> Saving, borrowing, budgeting and making financial choices</p>
Year 8	<p><b>Self-confidence and goals</b> Alcohol and drug misuse and pressures relating to drug use</p>	<p><b>Community and careers</b> Equality of opportunity in careers and life choices, and different types and patterns of work</p>	<p><b>Discrimination</b> Discrimination in all its forms, including: racism, religious discrimination, disability, sexism, homophobia, biphobia and transphobia</p>	<p><b>Emotional wellbeing</b> Mental health and emotional wellbeing, including body image and coping strategies</p>	<p><b>Identity and relationships</b> Gender identity, sexual orientation, consent, 'sexting' and an introduction to contraception</p>	<p><b>Digital literacy</b> Online safety, digital literacy, media reliability, and gambling hooks</p>
Year 9	<p><b>Clarifying your own values</b> Personal values and beliefs Self-improvement, giving and receiving feedback, taking responsibility for own work schedule Managing anger</p> <p><b>Peer influence, substance use and gangs</b> Healthy and unhealthy friendships, assertiveness, substance misuse and gang exploitation</p>	<p><b>Setting goals</b> Learning strengths, career options and goal setting as part of the GCSE options process</p> <p><b>Transgender issues</b></p>	<p><b>Respectful relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes</p>	<p><b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, and first aid</p> <p>Assessing the risks of drug and alcohol abuse and addiction</p>	<p><b>Intimate relationships</b> Relationships and sex education including consent, contraception, the risks of STIs and attitudes to pornography</p>	<p><b>Employability skills</b> Employability and online presence</p>

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<p><b>Year 10</b></p>	<p>Transition to key stage 4 and developing study habits</p> <p><b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p>	<p><b>Financial decision making</b> The impact of financial decisions, debt, gambling, and the impact of advertising on financial choice</p> <p>Bullying, resisting pressure, hate crime, gender prejudice</p>	<p><b>Healthy relationships</b> Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography</p> <p>Managing romantic relationship challenges including break ups</p>	<p><b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media</p> <p>Tattoos and piercing</p>	<p><b>Addressing extremism and radicalisation</b> Communities, belonging and challenging extremism</p>	<p><b>Preparing for post 16 options</b> Interviews, personal statement Finance education for university</p>
<p><b>Year 11</b></p>	<p><b>Building for the future</b> Stress management and future opportunities</p> <p>Learning and revision skills to maximise potential</p>	<p><b>Next steps</b> Application processes, and skills for further education, employment and career progression</p>	<p><b>Communication in relationships</b> Personal values, assertive communication (including in relationship to contraception and sexual health), relationship challenges and abuse</p> <p>Tackling domestic abuse and forced marriage</p>	<p><b>Independence</b> Responsible health choices, and safety in independent contexts</p>	<p><b>Families</b> Difference families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>	<p>Revision techniques and reviewing your career/college choice</p>