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	Topic	Mental Health	Well Being	Personal Development	Families and friendships	Respectful relationships	Online relationships	Internet safety	Media	Health and fitness	First Aid	Money	Careers	Law	Sex Ed	Diversity
Year 7	Outcome	To be able to talk about emotions accurately and sensitively using appropriate vocabulary; to identify the characteristics of mental and emotional health and strategies for managing these	to understand what can affect wellbeing and resilience (e.g. life changes, relationships, achievements and employment)	To recognise how we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing	What marriage is (legal status); there are different types of stable and committed relationships; to understand how relationships can contribute to human happiness; to know where to seek support if relationships are making you feel unhappy or unsafe	to learn how to determine whether other children, adults or sources of information are trustworthy; to recognise the characteristics of positive and healthy friendships (including different (non-sexual) types of relationship); review practical steps they can take in a range of different contexts to improve or support respectful relationships.	REVIEW KS2 Objs; To understand the importance of maintaining the same expectations of behaviour online as any other context	REVIEW KS2 Objs; to understand your rights and responsibilities online; to know how information is targetted at them and how to be a discerning consumer; to know how to report or find support if they have been affected by behaviour online.	To recognise the impact that media can have on how people think about themselves and express themselves - including body image, physical and mental health	to know the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health; to know about good dental hygiene;	to know about personal hygiene (spread, treatment and prevention of bacteria and viruses); to learn about antibiotics; to know the basic treatment for common injuries	To learn about values and attitudes relating to finance and debt; to know the risks and consequences involved in gambling including pressure; to understand why people may choose to gamble and how industry influences choices	To learn study, organisational, research and presentation skills; to recognise the importance and benefit of being a lifelong learner and setting ambitious goals; to review their strengths, interests, skills and qualities; to learn about different work roles and career pathways; recognise that there continue to be stereotypes in the workplace	To understand what laws are and how they are made	To recognise the characteristics /positive aspects of healthy 1:1 intimate relationships; Know a range of strategies for identifying/managing sexual pressure; to know the full range of contraceptive choices; To know about different STIs; to understand how use of drugs/alcohol can lead to risky sexual behaviour; to know how to seek advice and where to access confidential treatment SCIENCE - physical and emotional changes as well as the menstrual cycle	To develop/rehearse skills of teambuilding, active listening, communication, negotiation and compromise; to identify similarities, differences and diversity; to recognise bullying and its impact; develop skills and strategies to manage targetting or witnessing; understand the impact of stereotyping, prejudice and discrimination; to know about prejudice based language and behaviour both on and offline; recognise peer influence
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	Topic	Mental Health	Well Being	Personal Development	Families and friendships	Respectful relationships	Online relationships	Internet safety	Media	Health and fitness	First Aid	Money	Careers	Law	Sex Ed	Diversity

Year 8	Outcome	To be able to recognise early signs of wellbeing concerns, discuss common types of mental ill health and recognise the negative and positive effects	to recognise the link between language and mental health stigma and develop strategies to challenge stigma and misconceptions associated with help-seeking and mental health concerns	strategies to understand and build resilience, as well as how to respond to disappointments and setbacks / to develop a range of healthy coping strategies and ways to promote wellbeing and boost mood	Why marriage is a relationship choice; to recognise the characteristics and legal status of marriage and other types of long term relationship; recognise characteristics of positive and healthy friendships	to learn how to judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice; to know what constitutes sexual harassment and sexual violence and why these are always unacceptable; understand how stereotypes can cause damage	COVERED IN YR9 - to understand their rights, responsibilities and opportunities online; understand the risks involved with sharing information	COVERED in YR9 - to understand about online risks including the difficulty of removing material placed online; to know not to provide material to others that they would not want sharing further; YR8	COVERED IN YR9 - to recognise the similarities and differences between the online world and the physical world including the impact of unhealthy or obsessive comparison with others; to recognise how people may curate a specific image of their life online	To know about the science relating to blood, organ and stem cell donation; to understand the physical and psychological consequences of addiction; to understand the facts and science relating to vaccinations and immunisation;	To know life-saving skills including how to administer CPR	To assess and manage risk in relation to financial decisions; Evaluate social/moral dilemmas about use of money including influence from advertisers/peers; recognise financial exploitation	Build from Year 7-To learn study, organisational, research and presentation skills; to recognise the importance and benefit of being a lifelong learner and setting ambitious goals; Recognise skills, qualities and attributes employers will value and are required to engage in enterprise; know about different types of work e.g. self employed	To understand the difference between civil and criminal law; to explore the criminal justice system	Build from Year 7-To recognise the characteristics /positive aspects of healthy 1:1 intimate relationships; recognise the impact on health affected by choices; know about prevalence of STIs; Know concepts of, and Laws relating to sexual issues; understand how use of alcohol and drugs can lead to risky behaviour; Activitel communicate and recognise idea of consent; know how to get further advice	Build from Year 7-to develop/rehearse skills of teambuilding, active listening, communication, negotiation and compromise; Know why the Equality Act was introduced and the legalities around it; Understand how stereotypes can cause damage; Understand the need to promote inclusion and challenge discrimination; Explain the importance of respecting diversity; Distinguish violent extremism from legitimate behaviours; identify techniques used to engage someone in extremism and radicalisation; Explain ways to respond if someone is being radicalised (debates)
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