

**Year 7 Skills and Knowledge**

| <b>Half-term 1:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Half-term 2:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Half-term 3:</b>                                                                                                                                                                                                                                                                                                                                                                             | <b>Half-term 4:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Half-term 5:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Half-term 6:</b>                                                                                                                                                                                                                                         |
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| <p>How to identify, express and manage their emotions in a constructive way</p> <ul style="list-style-type: none"> <li>• how to manage the challenges of moving to a new school</li> <li>• how to establish and manage friendships</li> <li>• how to improve study skills</li> <li>• how to identify personal strengths and areas for development</li> <li>• personal safety strategies and travel safety, e.g. road, rail and water</li> <li>• how to respond in an emergency situation</li> <li>• basic first aid</li> </ul> | <p>How to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity</p> <ul style="list-style-type: none"> <li>• about a broad range of careers and the abilities and qualities required for different careers</li> <li>• about equality of opportunity</li> <li>• how to challenge stereotypes, broaden their horizons and how to identify future career aspirations</li> <li>• about the link between values and career choices</li> </ul> | <p>about identity, rights and responsibilities</p> <ul style="list-style-type: none"> <li>• about living in a diverse society</li> <li>• how to challenge prejudice, stereotypes and discrimination</li> <li>• the signs and effects of all types of bullying, including online</li> <li>• how to respond to bullying of any kind, including online</li> <li>• how to support others</li> </ul> | <p>How to make healthy lifestyle choices including diet, dental health, physical activity and sleep</p> <ul style="list-style-type: none"> <li>• how to manage influences relating to caffeine, smoking and alcohol</li> </ul> <p>how to manage physical and emotional changes during puberty</p> <ul style="list-style-type: none"> <li>• about personal hygiene</li> <li>• how to recognise and respond to inappropriate and unwanted contact</li> </ul> | <p>How to develop self-worth and self-efficacy</p> <ul style="list-style-type: none"> <li>• about qualities and behaviours relating to different types of positive relationships</li> <li>• how to recognise unhealthy relationships</li> <li>• how to recognise and challenge media stereotypes</li> <li>• how to evaluate expectations for romantic relationships</li> <li>• about consent, and how to seek and assertively communicate consent</li> </ul> | <p>how to make safe financial choices</p> <ul style="list-style-type: none"> <li>• about ethical and unethical business practices and consumerism</li> <li>• about saving, spending and budgeting</li> <li>• how to manage risk-taking behaviour</li> </ul> |

**Year 8 Skills and Knowledge**

| Half-term 1:                                                                                                                                                                                                                                                                                                                                                                       | Half-term 2:                                                                                                                                                                                                                                                                                                                                                    | Half-term 3:                                                                                                                                                                                                                                                                                                                                                                                                                    | Half-term 4:                                                                                                                                                                                                                                                                                                                                                                                                | Half-term 5:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Half-term 6:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| <p>About medicinal and reactional drugs</p> <ul style="list-style-type: none"> <li>• about the relationship between habit and dependence</li> <li>• how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes</li> <li>• how to manage influences in relation to substance use</li> <li>• how to recognise and promote positive social norms and attitudes</li> </ul> | <p>About equality of opportunity in life and work</p> <ul style="list-style-type: none"> <li>• how to challenge stereotypes and discrimination in relation to work and pay</li> <li>• about employment, self-employment and voluntary work</li> <li>• how to set aspirational goals for future careers and challenge expectations that limit choices</li> </ul> | <p>How to manage influences on beliefs and decisions</p> <ul style="list-style-type: none"> <li>• about group-think and persuasion</li> <li>• how to develop self-worth and confidence</li> <li>• about gender identity, transphobia and gender-based discrimination</li> <li>• how to recognise and challenge homophobia and biphobia</li> <li>• how to recognise and challenge racism and religious discrimination</li> </ul> | <p>about attitudes towards mental health</p> <ul style="list-style-type: none"> <li>• how to challenge myths and stigma</li> <li>• about daily wellbeing                             <ul style="list-style-type: none"> <li>• how to manage emotions</li> </ul> </li> <li>• how to develop digital resilience</li> <li>• about unhealthy coping strategies (e.g. self harm and eating disorders)</li> </ul> | <p>the qualities of positive, healthy relationships</p> <ul style="list-style-type: none"> <li>• how to demonstrate positive behaviours in healthy relationships</li> <li>• about gender identity and sexual orientation                             <ul style="list-style-type: none"> <li>• about forming new partnerships and developing relationships</li> </ul> </li> <li>• about the law in relation to consent                             <ul style="list-style-type: none"> <li>• how to effectively communicate about consent in relationships</li> </ul> </li> <li>• about the risks of 'sexting' and how to manage requests or pressure to send an image</li> </ul> | <p>about online communication</p> <ul style="list-style-type: none"> <li>• how to use social networking sites safely</li> <li>• how to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation</li> <li>• how to recognise biased or misleading information online</li> <li>• how to critically assess different media sources</li> <li>• about age restrictions when accessing different forms of media and how to make responsible decisions</li> <li>• how to protect financial security online</li> </ul> |

**Year 9 Skills and Knowledge TUTOR LESSON**

| <b>Half-term 1:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Half-term 2:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Half-term 3:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Half-term 4:</b>                                                                                                                                                                                                                                                                                                                                                                           | <b>Half-term 5:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>Half-term 6:</b>                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <ul style="list-style-type: none"> <li>• how to distinguish between healthy and unhealthy friendships</li> <li>• how to assess risk and manage influences, including online</li> <li>• about 'group think' and how it affects behaviour</li> <li>• how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively</li> <li>• to manage risk in relation to gangs</li> <li>• about positive social norms in relation to drug and alcohol use</li> </ul> | <p>About transferable skills, abilities and interests</p> <ul style="list-style-type: none"> <li>• how to demonstrate strengths</li> <li>• about different types of employment and career pathways</li> <li>• how to manage feelings relating to future employment</li> <li>• how to work towards aspirations and set meaningful, realistic goals for the future</li> <li>• about GCSE and post-16 options</li> <li>• skills for decision making</li> </ul> | <p>About different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering</p> <ul style="list-style-type: none"> <li>• about conflict and its causes in different contexts, e.g. with family and friends</li> <li>• conflict resolution strategies</li> <li>• how to manage relationship and family changes, including relationship breakdown, separation and divorce</li> <li>• how to access support services</li> </ul> | <p>About the relationship between physical and mental health</p> <ul style="list-style-type: none"> <li>• about balancing work, leisure, exercise and sleep</li> <li>• how to make informed healthy eating choices</li> <li>• how to manage influences on body image</li> <li>• to make independent health choices</li> <li>• to take increased responsibility for physical health</li> </ul> | <p>About myths and misconceptions relating to consent</p> <ul style="list-style-type: none"> <li>• about the continuous right to withdraw consent and capacity to consent</li> <li>• about STIs, effective use of condoms and negotiating safer sex</li> <li>• about the consequences of unprotected sex, including pregnancy</li> <li>• how the portrayal of relationships in the media and pornography might affect expectations</li> <li>• how to assess and manage risks of sending, sharing or passing on sexual images</li> </ul> | <p>About young people's employment rights and responsibilities</p> <ul style="list-style-type: none"> <li>• skills for enterprise and employability</li> <li>• how to give and act upon constructive feedback</li> <li>• how to manage their 'personal brand' online</li> <li>• habits and strategies to support progress</li> <li>• how to identify and access support for concerns relating to life online</li> </ul> |

### Year 9 Skills and Knowledge WEEKLY LESSON

| Half-term 1:                                                                                                                                                                                                                                                                  | Half-term 2:                                                                                                                                                                                                                                                                                    | Half-term 3:                                                                                                                                                                                                                                                                                                                                  | Half-term 4:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Half-term 5:                                                                                                                                                                                                                                                       | Half-term 6:                                                                                                                                                                    |
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| <ul style="list-style-type: none"> <li>• About the Equality Act</li> <li>• About different forms of discrimination</li> <li>• About how to challenge discrimination safely</li> <li>• About society values and views</li> <li>• About the impact of discrimination</li> </ul> | <ul style="list-style-type: none"> <li>• Understanding about sustainability and what is meant by carbon footprint</li> <li>• Looking at community projects that promote sustainability</li> <li>• Understanding climate change</li> <li>• Researching world wide issues and projects</li> </ul> | <ul style="list-style-type: none"> <li>• Understanding the GCSE option process</li> <li>• About making positive choices and reason for decisions</li> <li>• About transferable skills and activities to develop these such as volunteering and enterprise</li> <li>• Looking at personal strengths with view to linking to careers</li> </ul> | <ul style="list-style-type: none"> <li>• About education and marriage laws around the world</li> <li>• About gender stereotypes including the impact this can have</li> <li>• About mens mental health</li> <li>• Understanding LGBTQ history and differing laws across the world</li> <li>• About gender dysphoria and how to seek support</li> <li>• the risks and myths associated with female genital mutilation (FGM), its status as a criminal act and strategies to safely access support for themselves or others who may be at risk, or who have already been subject to FGM</li> </ul> | <ul style="list-style-type: none"> <li>• Understanding credit and debit</li> <li>• Understanding budgeting</li> <li>• Looking at household bills including buying a house</li> <li>• Understanding impact of financial fraud and steps to take to avoid</li> </ul> | <ul style="list-style-type: none"> <li>• Healthy choices in relation to diet, sleep, screen time, work life balance, exercise. Mental health, intimate relationships</li> </ul> |

**Year 10 Skills and Knowledge**

| Half-term 1:                                                                                                                                                                                                                                                                                                                                                                                            | Half-term 2:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Half-term 3:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Half-term 4:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Half-term 5:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Half-term 6:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| <ul style="list-style-type: none"> <li>• how to reframe negative thinking</li> <li>• strategies to promote mental health and emotional wellbeing</li> <li>• about the signs of emotional or mental ill-health</li> <li>• how to access support and treatment</li> <li>• about the portrayal of mental health in the media</li> <li>• how to challenge stigma, stereotypes and misinformation</li> </ul> | <p>How to effectively budget and evaluate savings options</p> <ul style="list-style-type: none"> <li>• how to prevent and manage debt, including understanding credit rating and pay day lending</li> <li>• how data is generated, collected and shared, and the influence of targeted advertising</li> <li>• strategies for managing influences related to gambling, including online</li> <li>• about the relationship between gambling and debt</li> <li>• about the law and illegal financial activities, including fraud and cybercrime</li> </ul> <p>e • how to manage risk in relation to financial activities</p> | <p>About myths, assumptions, misconceptions and social norms about sex, gender and relationships</p> <ul style="list-style-type: none"> <li>• about the opportunities and risks of forming and conducting relationships online</li> <li>• how to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours</li> <li>• how to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support</li> <li>• how to recognise and challenge victim blaming</li> <li>• about asexuality, abstinence and celibacy</li> </ul> | <p>About positive and negative role models</p> <ul style="list-style-type: none"> <li>• how to evaluate the influence of role models and become a positive role model for peers</li> <li>• about the impact of drugs and alcohol on individuals, personal safety, families and wider communities</li> <li>• how drugs and alcohol affect decision making</li> <li>• how to keep self and others safe in situations that involve substance use</li> <li>• how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime</li> <li>• exit strategies for pressurised or dangerous situations</li> <li>• how to seek help for substance use and addiction</li> </ul> | <p>About communities, inclusion, respect and belonging</p> <ul style="list-style-type: none"> <li>• about the Equality Act, diversity and values</li> <li>• about how social media may distort, mis-represent or target information in order to influence beliefs and opinions</li> <li>• how to manage conflicting views and misleading information</li> <li>• how to safely challenge discrimination, including online</li> <li>• how to recognise and respond to extremism and radicalisation</li> </ul> | <p>how to evaluate strengths and interests in relation to career development</p> <ul style="list-style-type: none"> <li>• about opportunities in learning and work</li> <li>• strategies for overcoming challenges or adversity</li> <li>• about responsibilities in the workplace</li> <li>• how to manage practical problems and health and safety</li> <li>• how to maintain a positive personal presence online</li> <li>• how to evaluate and build on the learning from work experience</li> </ul> |

**Year 11 Skills and Knowledge**

| Half-term 1:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Half-term 2:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Half-term 3:                                                                                                                                                                                                                                                                                                                                                                                                                                                | Half-term 4:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Half-term 5:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Half-term 6: |
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| <p>how to manage the judgement of others and challenge stereotyping</p> <ul style="list-style-type: none"> <li>• how to develop self-efficacy, including motivation, perseverance and resilience</li> <li>• how to maintain a healthy self-concept</li> <li>• about the nature, causes and effects of stress</li> <li>• stress management strategies, including maintaining healthy sleep habits</li> <li>• about positive and safe ways to create content online and the opportunities this offers</li> <li>• how to balance time online</li> </ul> | <p>how to use feedback constructively when planning for the future</p> <ul style="list-style-type: none"> <li>• how to set and achieve SMART targets                             <ul style="list-style-type: none"> <li>• effective revision techniques and strategies</li> </ul> </li> <li>• about options post-16 and career pathways                             <ul style="list-style-type: none"> <li>• about application processes, including writing CVs, personal statements and interview technique</li> </ul> </li> <li>• how to maximise employability, including managing online presence and taking opportunities to broaden experience                             <ul style="list-style-type: none"> <li>• about rights, responsibilities and challenges in relation to working part time whilst studying</li> </ul> </li> <li>• how to manage work/life balance</li> </ul> | <p>about core values and emotions</p> <ul style="list-style-type: none"> <li>• about gender identity, gender expression and sexual orientation</li> <li>• how to communicate assertively</li> <li>• how to communicate wants and needs                             <ul style="list-style-type: none"> <li>• how to handle unwanted attention, including online</li> </ul> </li> <li>• how to challenge harassment and stalking, including online</li> </ul> | <p>how to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads)</p> <ul style="list-style-type: none"> <li>• emergency first aid skills</li> <li>• how to assess emergency and non-emergency situations and contact appropriate services</li> <li>• about the links between lifestyle and some cancers</li> <li>• about the importance of screening and how to perform self examination                             <ul style="list-style-type: none"> <li>• about registering with and accessing doctors, sexual health clinics, opticians and other health services</li> <li>• how to manage influences and risks relating to cosmetic and aesthetic body alterations</li> </ul> </li> <li>• about blood, organ and stem cell donation</li> </ul> | <p>About different types of families and changing family structures</p> <ul style="list-style-type: none"> <li>• how to evaluate readiness for parenthood and positive parenting qualities                             <ul style="list-style-type: none"> <li>• about fertility, including how it varies and changes</li> </ul> </li> <li>• about pregnancy, birth and miscarriage                             <ul style="list-style-type: none"> <li>• about unplanned pregnancy options, including abortion</li> </ul> </li> <li>• about adoption and fostering</li> <li>• how to manage change, loss, grief and bereavement                             <ul style="list-style-type: none"> <li>• about 'honour based' violence and forced marriage and how to safely access support</li> </ul> </li> </ul> |              |