

	1.1 Autumn Term	1.2 Autumn Term	2.1 Spring Term	2.2 Spring Term	3.1 Summer Term	3.2 Summer Term
Year 5	Wellbeing Mental Health Healthy Relationships	Puberty and menstruation	Identity and Community	Digital Lives	Aspirations and Money	Healthy choices and personal safety
Year 6	Healthy Relationships	Puberty and consent	Identity and Community	Digital Lives	Healthy Choices	Aspirations and money Transition
Year 7	Healthy Relationships	Body Awareness	Identity and Community	Digital Lives	Healthy Choices	Aspirations and Money
Year 8	Wellbeing Mental Health	Body Awareness	Healthy Choices	Aspirations and Money	Personal Safety and Independence	Independence and Transition

Our curriculum includes the statutory frameworks of Personal, Social, Health Education (PSHE), Relationships, Sex and Health Education (RSHE), Citizenship, and Careers Education, Information and Guidance (CEIAG). It is delivered through a weekly timetabled lesson and tutor time sessions, as well as assemblies and drop-down 'Experience Events'.

This programme is designed to support the development of all aspects of young people. It provides a combined approach to personal learning and thinking skills, PSHE, Relationships and Sex Education, social, moral, spiritual and cultural development, and preparation for life beyond school.

More detailed information on each topic will be sent home to Parents/Carers on a half-termly basis, including how to support your child at home.