

	Year 5	Year 6	Year 7	Year 8
Aut 1	Physical health & wellbeing, in the media: <ul style="list-style-type: none"> Messages on food adverts can be misleading Role models The media can manipulate images that may not reflect reality 	Mental health & emotional wellbeing: <ul style="list-style-type: none"> What mental health is What can affect mental health and some ways of dealing with this Some everyday ways to look after mental health Stigma and discrimination that can surround mental health 	Living in the wider world – Self regulation & Stereotypes: <ul style="list-style-type: none"> Being an aspirational student The importance of self-esteem How can we enjoy social media but keep our accounts safe and private? What is stereotyping and prejudice? – racism How can we be resilient and face challenges? 	Health and wellbeing – Positive attitudes: <ul style="list-style-type: none"> Personal development and target setting – how can I improve my skills and behaviour? How can self-confidence boost our achievement? How can I manage my behaviour to achieve targets and goals? What is mindfulness? How can this aid positive mental health? Emotional literacy – why is self-awareness in our actions towards others so important?
Aut 2	Relationships and health education (healthy relationships): <ul style="list-style-type: none"> Changes that occur during puberty Consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact What values are important to them in relationships and to appreciate the importance of friendships in intimate relationships 	Relationships and health education (healthy relationships): <ul style="list-style-type: none"> Human reproduction in context of life cycle How a baby is made and grows (conception and pregnancy) Roles and responsibilities of parents/carers Answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it 	Health and wellbeing – Managing emotions & change (inc. puberty & FGM): <ul style="list-style-type: none"> Puberty – what happens, when and why? Periods – what happens, when and why? FGM – what is this and why is it so dangerous? Introduction to mental health issues – depression focus What are drugs? Why are they dangerous (Class A, B and C) How can we manage our anger? 	Relationships – RSE: <ul style="list-style-type: none"> How do we have safe sex and use different forms of contraception – why do teenage parents have it so tough? How can we avoid teenage pregnancy How do we keep good sexual health and avoid STIs? What is consent and why is it important we know about it? What is sexting and why is it so risky to send personal images? What is pornography and why can it be dangerous? Internet safety – what is online grooming and why must we be so careful?
Spr 1	Keeping safe and managing risk: <ul style="list-style-type: none"> Keeping safe online How to keep safe when communicating online Violence within relationships Problems that occur – missing from home 	Identity, society and equality: <ul style="list-style-type: none"> Homelessness Human rights and the UN convention on the Rights of the Child People who have moved to from other places – including experience of refugees 	Relationships – Healthy relationships: <ul style="list-style-type: none"> Keeping good friendships and avoiding toxic ones Family relationships – the different types and why we don't always get along Love and relationships – falling in love and dealing with new feelings Extremism – why does radicalisation happen and how does it change our values? 	Relationships – Extremism: <ul style="list-style-type: none"> How can British Values teach us tolerance and respect for others? How can we prevent radicalisation and recognise the signs of extremism? Who are the extremist groups and why are they so dangerous? Where does extremism come from? How do religious extremists attract converts? Islamophobia – do Muslims really want Shaira Law in Britain? Stereotyping, discrimination and prejudice – religion focus
Spr 2	Mental health and emotional wellbeing: <ul style="list-style-type: none"> Wide range of emotions and feelings and how these are experienced in the body Times of change and how this can make people feel Feelings associated with loss, grief and bereavement 	Drug, alcohol and tobacco education: <ul style="list-style-type: none"> Risks associated with using different drugs – including tobacco and nicotine products – alcohol, solvents, medicines and other drugs (legal and illegal) Assessing the level of risk in different situations involving drug use Manage risk in situations involving drug use 	Relationships – Online awareness: <ul style="list-style-type: none"> Bullying or Banter? Why do people bully others and how can we stop this? What is cyberbullying? Why do people bully online? How do we keep safe and positive relationships (on and off-line)? What is my personal identity and why is diversity important? 	Health and wellbeing – Healthy living: <ul style="list-style-type: none"> How can we look after ourselves and others in an emergency? Personal safety and first aid What is vaping and is this as bad as smoking? Cancer awareness How can we care for our environment and why is it changing? (x2 hours) Domestic conflict – why do people run away from home and why is this so dangerous?
Sum 1	Identity, society & equality: <ul style="list-style-type: none"> Stereotyping, including gender Workshop from Diversity Role Models or Equaliteach? Prejudice and discrimination and how this can make people feel	Careers, financial capability & economic wellbeing: <ul style="list-style-type: none"> Money can be borrowed but there are risks Enterprise What influences people's decisions about careers 	Health and wellbeing – Keeping healthy and Drugs & alcohol: <ul style="list-style-type: none"> What do we mean by a healthy lifestyle? How can I keep healthy? - Food groups, diet and nutrition Eating responsibly – food labels and health hazards Healthy living - exercise and keeping active, not eating healthy – what are the consequences What's the big deal about energy drinks? The dangers of cigarettes and alcohol (2x hours) 	Living in the wider world – Stereotypes: <ul style="list-style-type: none"> Stereotypes, discrimination and disability Stereotyping, discrimination and prejudice – disability Stereotyping, discrimination and prejudice – teens and the media LGBT+ focus: Homophobia Body image and the media – focus on boys
Sum 2	Drug, alcohol and tobacco education: <ul style="list-style-type: none"> Risks associated with smoking, drugs, cigarettes (e-cigarettes), shisha and cannabis 	Keeping safe & managing risk: <ul style="list-style-type: none"> Feelings of being out and about in the local area – increasing independence 	Living in the wider world – Financial capability and economic wellbeing: <ul style="list-style-type: none"> How can we budget our money? 	Living in the wider world – Career aspirations: <ul style="list-style-type: none"> Careers and development focus – how can we develop our communication skills?

	<ul style="list-style-type: none"> • Different influences on drug use – alcohol, tobacco and nicotine products • Strategies to resist pressure from others about whether to use drugs – smoking, drugs and alcohol 	<ul style="list-style-type: none"> • Recognising and responding to peer pressure • Consequences of anti-social behaviour (gangs, gang related behaviour) <p>FGM (Female Genital Mutilation): ????</p> <ul style="list-style-type: none"> • Importance for girls to be protected against FGM 	<ul style="list-style-type: none"> • How can I create a personal budgeting plan? (2x hours) • What are savings, loans and interest? • What are the different types of financial transactions? • What are the different types of financial products? • How can we shop ethically? • What are wants and needs and why do we need to know the difference? 	<ul style="list-style-type: none"> • Careers and development focus – how can we develop our teamwork skills? • How can we become entrepreneurs? • Finance – what is income and expenditure? • Finance – budgeting and saving personal finances • Careers and finance – what are national insurance and income tax? Reading payslips • Why do we pay tax and how is this spent?