

Year 7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Curriculum Content	Relationships	Puberty	E-Safety	First Aid	British Values	Your Future
Prior knowledge (from previous year/ key stage).	Pupils build on primary learning about friendship and kindness to explore trust, respect, and healthy relationships.	They extend basic knowledge of body changes and hygiene into deeper understanding of emotional and physical development.	Builds on prior lessons about online safety and respectful behaviour to introduce digital risks and staying safe online.	Develops awareness of emergency response from KS2 by introducing practical skills for helping in real-life situations.	Expands early ideas of fairness and rules through a deeper look at democracy, rights, and responsibilities.	Builds on early career aspirations by linking interests and school learning to real-world jobs and future plans.
Key skills	<p>Students will:</p> <ul style="list-style-type: none"> - Build positive, respectful relationships and manage transitions with confidence. - Recognise harmful behaviour like bullying, peer pressure and abuse, and know how to respond. - Understand identity and values, making informed, independent choices in relationships and life. 	<p>Students will:</p> <ul style="list-style-type: none"> - Understand body changes and personal hygiene during puberty with confidence and respect. - Recognise and manage emotions, including greater awareness of neurodiversity and how people experience feelings differently. - Know how to seek help and support, feeling safe to ask questions and understand what's normal during adolescence. 	<p>Students will:</p> <ul style="list-style-type: none"> - Think critically and stay safe online, understanding how reputation, misinformation, and trolling can impact themselves and others. - Recognise online risks such as grooming, cyberbullying, and harassment, and know how to report or respond safely. - Use social media responsibly by setting boundaries, protecting privacy, and showing respect in digital spaces. 	<p>Students will:</p> <ul style="list-style-type: none"> - Respond calmly and effectively in emergencies using the Primary Survey to assess and prioritise. - Perform basic first aid including CPR, managing choking, bleeding, allergic reactions and asthma attacks. - Build confidence to take action, knowing when and how to seek help and support others in a crisis. 	<p>Students will:</p> <ul style="list-style-type: none"> - Understand core British Values such as democracy, the rule of law, and individual liberty, and how they underpin society. - Recognise and challenge prejudice and extremism, including Islamophobia, through respectful discussion and critical thinking. - Develop a strong sense of identity and responsibility, learning how to uphold shared values in their communities. 	<p>Students will:</p> <ul style="list-style-type: none"> - Adapt positively to change, building confidence through transitions and developing a proactive attitude. - Make responsible choices, understanding how behaviour and mindset impact success and relationships. - Plan for the future, learning to solve problems, manage money, and explore career pathways with purpose.
Assessment	<i>We do not summatively assess in this subject; however, baseline knowledge checks and end-of-unit assessments help us gauge pupil understanding and engagement across each topic.</i>					
How can you help?	<p>Talk openly about healthy friendships and how to resolve conflicts kindly.</p> <p>Model respectful communication and set clear boundaries at home.</p>	<p>Reassure their child that physical and emotional changes are normal.</p> <p>Provide age-appropriate books or resources and offer to talk when they're ready</p>	<p>Set clear rules for screen time and social media use.</p> <p>Discuss online behaviour and encourage reporting anything that feels unsafe.</p>	<p>Practise simple safety routines at home, like what to do in an emergency.</p> <p>Learn a basic skill together, like how to treat a cut or call 999.</p>	<p>Talk about fairness, rules and treating others with respect.</p> <p>Explore news stories or community events that show democracy and equality in action.</p>	<p>Encourage curiosity about careers by linking schoolwork to real-world jobs.</p> <p>Talk about dreams and strengths in a positive, supportive way.</p>

Year 8	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Curriculum Content	Handling Feelings	SRE – Romantic Relationships and Sex	Crime	British Values – Human Rights	Healthy Bodies	Safety & British Values
Prior knowledge (from previous year/ key stage)	- Handling Feelings builds on Relationships, deepening emotional regulation and empathy.	- SRE – Romantic Relationships and Sex introduces respect, consent, and changing dynamics post-puberty.	- Crime extends First Aid and British Values into social responsibility and consequences.	- Human Rights deepens British Values by applying them to global and personal contexts.	- Healthy Bodies revisits Puberty with a focus on sleep, hygiene and self-care.	- Safety & British Values connects E-Safety and community safety into practical, real-life contexts.
Key skills	<p>Students will:</p> <ul style="list-style-type: none"> - Build emotional strength and self-worth by exploring self-esteem, resilience and ways to cope with change, grief and challenge. - Manage difficult emotions like anger in healthy ways, learning strategies to stay calm and seek support when needed. - Recognise when something is wrong and understand where to go for help, especially around mental health and child protection. 	<p>Students will:</p> <ul style="list-style-type: none"> - Understand different types of loving relationships, including LGBTQ+ representation, and what makes them healthy, respectful and meaningful. - Explore trust, consent and expectations, learning how to navigate romantic and sexual relationships with care, honesty and responsibility. - Reflect on commitment and future choices, considering the roles of marriage, parenthood and long-term relationships in a changing world. 	<p>Students will:</p> <ul style="list-style-type: none"> - Recognise risks and consequences of criminal behaviour, including anti-social actions, knife crime and exploitation through County Lines. - Build confidence to stay safe and speak out, understanding how to report concerns like public harassment and where to find help. - Make informed choices, developing critical thinking around peer pressure, gambling, and the impact of vandalism on communities. 	<p>Students will:</p> <ul style="list-style-type: none"> - Understand their rights and responsibilities, learning how human rights protect individuals and how these apply in the UK. - Challenge discrimination and prejudice, recognising the harm caused by homophobic bullying, hate speech and forced marriage. - Celebrate diversity and inclusion, developing empathy, respect and the confidence to stand up for themselves and others. 	<p>Students will:</p> <ul style="list-style-type: none"> - Make healthy lifestyle choices by understanding the benefits of balanced eating, regular exercise, good sleep, and dental hygiene. - Think critically about health risks, including the effects of vaping and the importance of vaccinations and disease prevention. - Take responsibility for their wellbeing, developing habits that support physical health now and in the future. 	<p>Students will:</p> <ul style="list-style-type: none"> - Stay safe in public and online, by learning practical steps for road safety, personal awareness and emergency responses like "Run Hide Tell". - Assess and manage risk, understanding how to make safer choices in everyday situations. - Develop empathy and understanding, recognising different needs through Autism Awareness and promoting inclusive, respectful behaviour.
Assessment	<i>We do not summatively assess in this subject; however, baseline knowledge checks and end-of-unit assessments help us gauge pupil understanding and engagement across each topic.</i>					
How can you help?	Encourage open conversations about feelings and check in regularly.	Create a safe, judgement-free space for questions.	Discuss right and wrong choices and the consequences of breaking rules.	Talk about fairness and equality in everyday situations.	Support good routines — eating well, moving regularly and getting enough	Set clear rules for staying safe at home, online and in public.

	Model healthy coping strategies like taking breaks, walking or talking things through.	Share age-appropriate information and talk about respect and consent.	Talk about peer pressure and encourage them to speak up if something feels wrong.	Explore news stories that highlight rights and responsibilities.	sleep. Lead by example and talk positively about body image and self-care.	Talk about respect for others and what it means to live in a fair, inclusive society.
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Year 9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Curriculum Content	Mental Health	SRE – Sex Ed 1	Careers and Options	Teenage Parties	British Values - Sexism	Body Image
Prior knowledge (from previous year/ key stage)	- Mental Health reinforces Handling Feelings, adding stress, anxiety and wellbeing strategies.	- SRE – Sex Ed 1 continues from Year 8 SRE, exploring readiness, contraception and personal choice	- Careers and Options builds from Your Future, helping pupils link learning with real pathways.	- Teenage Parties links Crime and Relationships by tackling peer pressure, boundaries and risk.	- British Values – Sexism evolves Human Rights, covering gender equality and challenging stereotypes.	- Body Image follows Healthy Bodies, focusing on media influence and self-worth
Key skills/ powerful knowledge	Students will: <ul style="list-style-type: none"> - Build emotional awareness and coping strategies by identifying personal challenges and learning healthy ways to manage stress. - Strengthen digital resilience by exploring how online environments can affect wellbeing and how to respond safely and positively. - Prepare for mental health challenges by learning how to recognise signs of struggle, support themselves and 	Students will: <ul style="list-style-type: none"> - Explore relationships, intimacy and readiness by reflecting on personal values, emotional connection and informed decision-making. - Understand sexual health and safety, including consent, contraception, STI prevention and where to access reliable support. - Challenge myths and misinformation, building confidence to ask questions, make informed choices and respect others' boundaries. 	Students will: <ul style="list-style-type: none"> - Recognise personal strengths and build self-belief, learning to set goals and plan positive steps towards success. - Explore career options and pathways, developing key job skills and understanding how subjects link to future choices. - Understand workplace rights and responsibilities, becoming informed, confident and empowered about life beyond school. 	Students will: <ul style="list-style-type: none"> - Make informed choices around substances, understanding the risks and effects of smoking, alcohol, and drugs. - Recognise the importance of consent, especially in social settings where boundaries may be challenged. - Reflect on consequences and safety, learning how to manage peer pressure, seek help, and support themselves and others after risky situations. 	Students will: <ul style="list-style-type: none"> - Challenge harmful stereotypes and gender norms by exploring identity, equality, and the impact of societal expectations. - Understand human rights and personal agency, including the importance of women's rights, the Me Too movement, and ending harmful practices like FGM. - Reflect on identity and responsibility, considering modern masculinity, emotional expression, and 	Students will: <ul style="list-style-type: none"> - Develop body confidence and media awareness by challenging unrealistic appearance ideals and understanding how media influences self-image. - Recognise signs of unhealthy behaviours, including disordered eating and harmful comparisons, and know how to seek help and support others. - Promote positive change, learning how to challenge stereotypes, support

	others, and know where to seek help.				respectful behaviour towards others.	peers, and celebrate individuality.
Assessment	<i>We do not summatively assess in this subject; however, baseline knowledge checks and end-of-unit assessments help us gauge pupil understanding and engagement across each topic.</i>					
How can you help?	<p>Check in regularly and listen without judgement.</p> <p>Encourage healthy routines like sleep, exercise and downtime.</p>	<p>Create a safe space for honest questions and discussion.</p> <p>Talk about respect, boundaries and personal values.</p>	<p>Explore interests together and link school subjects to real-life jobs using the platform Unifrog.</p> <p>Attend school events or discuss pathways like GCSEs, college or apprenticeships.</p>	<p>Set clear expectations about safety, curfews and communication.</p> <p>Discuss peer pressure and how to handle difficult situations confidently</p>	<p>Talk about fairness and equal treatment at home and in society.</p> <p>Challenge stereotypes in media or conversations, and model respect.</p>	<p>Speak positively about all body types and avoid appearance-based criticism.</p> <p>Encourage self-esteem by celebrating strengths, talents and effort</p>

Year 10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Curriculum Content	E-Safety	SRE – Sex and Relationships	Substances		Finance	
Prior knowledge (from previous year/ key stage)	- E-Safety revisits Year 7/8 learning, now exploring grooming, sexting and digital resilience.	- SRE – Sex and Relationships deepens Year 9 with nuanced topics like intimacy, porn and healthy digital relationships.	- Substances continues Teenage Parties and Healthy Bodies themes, with added focus on addiction.		- Finance follows Careers by introducing real-life budgeting, borrowing, and fraud awareness.	
Key skills	<p>- Recognise unsafe or harmful online behaviours, including grooming, sexting, and the risks associated with pornography and online exploitation.</p> <p>- Build digital respect and responsibility, understanding how to form healthy, safe</p>	<p>- Understand sexual health and relationships by exploring readiness, contraception, pregnancy and personal responsibility.</p> <p>- Build empathy and critical thinking through examining parenting, conflict, and life choices via real-life scenarios and media.</p>	<p>- Understand the risks of smoking, vaping, alcohol and drugs, including how they affect health, behaviour and decision-making.</p> <p>- Recognise how addiction can develop, by exploring triggers, dependency and the impact on individuals and communities.</p> <p>- Build confidence to make informed choices, resist peer pressure and seek help when facing difficult situations</p>		<p>- Make informed financial choices by understanding how earning, saving, budgeting and borrowing affect daily life and future plans.</p> <p>- Recognise risks and responsibilities around gambling, fraud, and debt, learning how to protect themselves and manage money safely.</p> <p>- Understand the link between money and mental health, building strategies to reduce stress, seek support and feel confident with finances</p>	

	relationships in online spaces. - Know when and how to seek help, developing the confidence to report concerns, protect themselves, and support others facing cyberbullying or abuse.	- Promote respect and healthy behaviour, learning how to recognise coercion, navigate disagreements, and support others with compassion.		
Assessment	<i>We do not summatively assess in this subject; however, baseline knowledge checks and end-of-unit assessments help us gauge pupil understanding and engagement across each topic.</i>			
How can you help?	Keep communication open about digital activity and encourage sharing anything that feels uncomfortable. Set clear expectations for online behaviour and supervise screen time where appropriate.	Normalise discussions about relationships, consent and respect from an early age. Offer age-appropriate resources and be available for honest, non-judgmental conversations.	Talk openly about the risks of smoking, alcohol and drugs, using real-life examples if helpful. Reinforce healthy coping strategies and ways to handle peer pressure.	Involve children in small money decisions, like budgeting for snacks or saving toward a goal. Model responsible habits like saving, comparing prices or explaining bills in simple terms.

Year 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Curriculum Content	SRE	Future Ready		Health	British Values	N/A
Prior knowledge (from previous year/ key stage)	- SRE ties together the full SRE strand with reflection on values, consent and future choices.	- Future Ready consolidates Careers, Finance and ambition into practical next steps.		- Health connects Mental Health, Body Image and Substances into full wellbeing.	- British Values revisits the entire thread from Years 7–10, now in the context of citizenship, inclusion and adult responsibility.	
Key skills	- Make informed decisions about health and relationships by understanding the links between substance use,	- Explore future pathways with confidence, understanding the options and opportunities available through apprenticeships and higher education.		- Understand personal health responsibility, learning how and why to perform self-checks and	- Recognise and challenge discrimination, developing empathy and awareness of how	

	<p>consent, and sexual safety.</p> <ul style="list-style-type: none"> - Build knowledge of reproductive health, including STI and HIV prevention, fertility, and the emotional and physical aspects of pregnancy and childbirth. - Develop responsibility and empathy, learning how to protect their wellbeing, respect others' choices, and support safe, respectful relationships. 	<ul style="list-style-type: none"> - Develop practical life skills, such as applying to university, managing student finance, and preparing for the responsibilities of driving. - Plan ahead with independence and purpose, making informed decisions about their next steps and how to achieve personal and career goals. 	<p>seek medical advice early.</p> <ul style="list-style-type: none"> - Explore organ donation thoughtfully, understanding the process, ethical considerations and how it saves lives. - Build awareness of infection prevention and treatment, including the role of antibiotics and how to use them responsibly. 	<p>prejudice impacts individuals and communities — including those living with disabilities and victims of honour-based violence.</p> <ul style="list-style-type: none"> - Understand the value of equality and human rights, exploring movements like Black Lives Matter and the importance of inclusive, respectful behaviour in everyday life. - Build confidence to speak up and support others, learning how to take safe, informed action against injustice and where to seek help or guidance when needed. 	
Assessment	<i>We do not summatively assess in this subject; however, baseline knowledge checks and end-of-unit assessments help us gauge pupil understanding and engagement across each topic.</i>				
How can you help?	<p>Start early with open, honest conversations about respect, boundaries and feelings.</p> <p>Provide trusted, age-appropriate resources and be available to answer questions without judgment.</p>	<p>Talk regularly about hopes, interests and strengths to guide future choices.</p> <p>Encourage involvement in hobbies or responsibilities that build independence and confidence</p> <p>Encourage regular use of Unifrog to allow your child to be confident in their Post-16 plans and aspirations</p>	<p>Promote routines that support sleep, nutrition, and exercise.</p> <p>Model positive self-care habits, from taking walks to managing stress.</p>	<p>Discuss fairness, respect and individual rights through real-life examples.</p> <p>Encourage participation in community or family decision-making to model democracy in action.</p>	