

| Year | Being Me in My World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |
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| Year 7 (11-12) | Being part of a class team. Being a school citizen. Rights, responsibilities and democracy (school council). Rewards and consequences. Group decision-making. Having a voice. What motivates behaviour | Challenging assumptions. Judging by appearance. Accepting self and others. Understanding influences. Understanding bullying. Problem-solving. Identifying how special and unique everyone is. First impressions | Hopes and dreams. Overcoming disappointment. Creating new, realistic dreams. Achieving goals. Working in a group. Celebrating contributions. Resilience Positive attitudes | Healthier friendships. Group dynamics. Smoking Alcohol and vaping. Assertiveness. Peer pressure. Celebrating inner strength | Jealousy Love and loss. Memories of loved ones. Getting on and Falling Out. Girlfriends and Boyfriends. Showing appreciation to people and animals | Being unique. Having a baby. Girls and puberty, physical. Puberty and emotions. Confidence in change. Accepting change |
| Year 8 (12-13) | Planning the year ahead. Being a citizen. Rights and responsibilities. Rewards and consequences. How behaviour affects groups. Democracy, having a voice, participating. | Cultural differences and how they can cause conflict. Racism. Rumours and name-calling. Types of bullying. Materials, wealth and happiness. Enjoying and respecting other cultures | Future dreams. The importance of money. Jobs and careers. Dream job and how to get there. Goals in different cultures. Supporting others (charity) Motivation | Smoking including vaping. Alcohol and health. Alcohol and anti-social behaviour. Emergency aid. Body image. Relationships with food. Healthy choices. Motivation and behaviour | Self-recognition and self-worth. Building self-esteem. Safer online communities. Rights and responsibilities online. Online gaming and gambling .Reducing screen time. Dangers of online grooming. SMARTT internet safety rules | Self- and body image. Influence of online and media on body image. Conception (including IVF) Growing responsibility |
| Year 9 (13-14) | Identifying goals for the year. Global citizenship. Children's universal rights. Feeling welcome and valued. Choices, consequences and rewards. Group dynamics. Democracy, having a voice. Anti-social behaviour Role-modelling. | Perceptions of normality. Understanding disability. Power struggles. Understanding bullying Inclusion/exclusion. Differences as conflict, Difference as celebration. Empathy | Personal learning goals, in and out of school. Success criteria. Emotions in success. Making a difference in the world. Motivation. Recognising achievements. Compliments | Taking personal responsibility. How substances affect the body. Exploitation including county lines and gang culture. Emotional and mental health. Managing stress | Mental health. Identifying mental health worries and sources of support. Love and loss. Managing feelings. Power and control. Assertiveness. Technology safety. Take responsibility with technology use | Self-image. Body-image Conception to birth. Contraception. Reflections about change. Physical attraction. Respect and consent Boyfriends/girlfriends. Sexting |
| Year 10 (14-15) | Unique me. Differences & conflict. My influences. Gateway emotions. Belonging to a group, peer pressure. Child-on-child abuse. Online safety, sexting, consequences. Online legislation. Online identity | Bullying, prejudice & discrimination (positive and negative). Equality Act. Bystanders. Stereotyping, challenging influences. Negative behaviour and attitudes. Assertiveness. Importance of being included | Celebrating success. Identifying goals. Employment, Learning from mistakes. Overcoming challenges. Planning skills. Safe & unsafe choices. Substances, gangs, county lines. Control over your life. Exploitation. Emergency first aid | Stress and anxiety. Managing physical activity and mental health. Effects of substances, legal consequences. Nutrition, sleep. Vaccination and immunisation. Importance of information on making health choices. Physical illness and medicine. Mindfulness | Characteristics of healthier relationships. Consent. Relationships and change. Emotions and conflict within friendships. Child-on-child abuse. Rights and responsibilities. Being discerning, assertiveness. Sexting. Social media vs real life. Fake news, authenticity | Reproduction facts, menstrual cycle. responsibilities of parenthood. Contraception, STIs. Types of committed relationships. Media and self-esteem, self-image. Brain changes in puberty, factors affecting moods, sources of help and support. |
| Year 11 (15-16) | Self-identity, influences, family and identity. Stereotypes, personal beliefs and judgements. Managing expectations. First impressions. Marriage and the law. Beliefs and religions. Protected characteristics. Online and offline identity. Active listening | Positive change made by others. How positive behaviour affects feelings of wellbeing. Social injustice, inequality. Community cohesion and support. Multiculturalism, diversity. Race and religion. stereotypes, prejudice. LGBT+ Bullying, hate crime. Fear and emotions. Stand up to bullying, the golden rule | Long-term goals, skills, qualifications, careers. Money and happiness, ethics and mental wellbeing. Budgeting. Variation in income, positive and negative. Impact of money. Online safety and legal responsibilities. Gambling issues | Types of health. Nutrition and exercise. Cardiovascular health and diabetes. Risks, illegal and legal substances. Dental health, skin health. Vaccinations. Peer pressure, teenage brain | Positive relationship with self, social media. Managing a range of relationships. Child-on-child abuse. Personal space. Online etiquette, online privacy. Bullying and personal safety. Social media issues and the law, coercion. Unhealthy balance of power in relationships, sources of support | Types of close intimate relationships, legal status of relationships. Behaviours in healthy and unhealthy relationships. Romantic relationships. What makes a healthier Relationship. Parenthood. Attraction, love or lust. Pornography and the law, |