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| KS3 | Autumn 1 Health & wellbeing | Autumn 2 Health & wellbeing | Spring 1 Relationships | Spring 2 Relationships | Summer 1 Living in the wider world | Summer 2 Living in the wider world |
| | Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies | Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation | Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia | Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception | Digital literacy Online safety, digital literacy, media reliability, and gambling hooks | Setting goals Learning strengths, career options and goal setting as part of the GCSE options process |
| Year 10 | Autumn 1 Living in the wider world | Autumn 2 Health & wellbeing | Spring 1 Health & wellbeing | Spring 2 Relationships | Summer 1 Relationships | Summer 2 Living in the wider world |
| | Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices | Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change | Exploring influence The influence and impact of drugs, gangs, role models and the media | Healthy relationships Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography | Addressing extremism and radicalisation Communities, belonging and challenging extremism | Employability skills Employability and online presence Work experience Preparation for and evaluation of work experience and readiness for work |
| Year 11 | Autumn 1 Health & wellbeing | Autumn 2 Health & wellbeing | Spring 1 Relationships | Spring 2 Relationships | Summer 1 Living in the wider world | Summer 2 Living in the wider world |
| | Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse | Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships | Building for the future Self-efficacy, stress management, and future opportunities | Independence Responsible health choices, and safety in independent contexts | Next steps Application processes, and skills for further education, employment and career progression | |