

Year Group	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Year 7	Life Beyond School Belonging <ul style="list-style-type: none"> Building positive relationships Understanding community and responsibilities Managing transition and change Sleep and wellbeing routines Introduction to money and financial awareness Early career thinking and goal setting 						Health & Wellbeing Puberty <ul style="list-style-type: none"> Physical and emotional changes in puberty Menstruation and male puberty changes Personal hygiene and body care Self-esteem and body image Bodily autonomy and consent Harmful practices and seeking support Dental health and healthy routines 						Relationships & Sex Education Relationships <ul style="list-style-type: none"> Respectful relationships Qualities of healthy friendships Consent and personal boundaries Online friendships and digital safety Positive thinking and self-confidence Peer pressure and assertive communication 						Staying Safe, Online & Offline Staying Safe <ul style="list-style-type: none"> Recognising risk and unsafe situations Trusted adults and help-seeking Online safety and grooming Substances and risk awareness Knife safety and personal safety strategies Gangs and criminal exploitation 						Rights, Responsibilities & British Values Politics <ul style="list-style-type: none"> Why politics matters in everyday life How the UK is governed Role of the Prime Minister and government The constitutional monarchy Parliamentary debate and decision making Elections and democratic participation 						Celebrating Diversity & Equality Celebrating Difference <ul style="list-style-type: none"> Identity and diversity in modern Britain Stereotypes, prejudice and discrimination Learning disabilities and ableism Religious discrimination and Islamophobia Equality, inclusion and community responsibility 						Contextualised Local area risks			
Year 8	Life Beyond School Proud to Be Me <ul style="list-style-type: none"> Identity and self-worth Building confidence and resilience Recognising personal strengths Setting personal goals Managing challenges and setbacks 			Health & Wellbeing Physical & Mental Health <ul style="list-style-type: none"> Understanding mental health and wellbeing Body image and media influence Recognising abuse and safeguarding concerns Bullying and support strategies Healthy eating and lifestyle choices Stress and coping strategies 						Relationships & Sex Education Relationships & RSE <ul style="list-style-type: none"> Healthy and respectful relationships Body image and media influence Consent and personal boundaries Communication and respect in relationships Bullying and support strategies Online relationships and digital behaviour Managing relationship pressures 						Staying Safe, Online & Offline Staying Safe <ul style="list-style-type: none"> Recognising exploitation and county lines Online grooming and manipulation Cyberbullying and online harm Child exploitation and protection strategies Substance misuse and risk Alcohol awareness and safety Identifying support and safety strategies 						Celebrating Diversity & Equality Equality, Rights & Discrimination <ul style="list-style-type: none"> Equality and the Equality Act LGBO+ identity and inclusion LGBO+ rights globally Gender equality Disability discrimination and ableism Removing barriers to equality Racism and discrimination 						Rights, Responsibilities & British Values Law & Justice <ul style="list-style-type: none"> Why laws exist in society Criminal responsibility The youth justice system Rights and responsibilities under the law Justice, fairness and consequences 						Contextualised						
Year 9	Life Beyond School Essential Life Skills <ul style="list-style-type: none"> Developing resilience and learning from failure Assertive communication and personal boundaries Basic first aid and emergency response Budgeting, debt and financial responsibility Labour market information and careers awareness Social media use and protecting mental wellbeing 						Health & Wellbeing Body Confidence <ul style="list-style-type: none"> Understanding self-esteem and confidence Media influence and unrealistic body standards Recognising bullying and prejudice-based bullying Understanding body development and variation Grief, loss and emotional support Healthy lifestyles and long-term health choices 						Relationships & Sex Education Sex, the Law & Consent <ul style="list-style-type: none"> Legal definition of consent and age of consent Female genital mutilation (FGM) and the law Characteristics of healthy relationships Domestic abuse and controlling behaviour Decision-making around sex and readiness Managing pressure and delaying sexual activity Sexual harassment and stalking 						Staying Safe, Online & Offline Drugs, Substances & Risk <ul style="list-style-type: none"> Understanding what Staying Safe, Online & Offline drugs are and how they affect the body Cannabis and mental health risks Drug classification and the law Party drugs and exploitation risks Volatile substance abuse and hidden dangers Global drug trade and harm reduction 						Relationships & Sex Education Contraception & STIs <ul style="list-style-type: none"> Understanding STIs and how they spread Sexual health testing and clinics Types of contraception and how they work Condoms and dual protection Evaluating contraceptive choices HIV transmission, treatment and stigma 						Rights, Responsibilities & British Values Extremism & Radicalisation <ul style="list-style-type: none"> Recognising conspiracy theories and misinformation Understanding extremism and terrorism The radicalisation process UK counter-terrorism strategy and Prevent Antisemitism and challenging prejudice Global conflict and international responses 						Contextualised			
Year 10	Life Beyond School Rights & Responsibilities <ul style="list-style-type: none"> Understanding legal rights, responsibilities and moral duties Civil law and criminal law distinctions Marriage, relationships and legal responsibilities Consumer rights and ethical business practices Employment rights and workplace protections Equality law, discrimination and the gender pay gap 						Health & Wellbeing Mental Health & Well-being <ul style="list-style-type: none"> Screen use, social media and digital wellbeing Mental health and mental illness Strategies for emotional wellbeing and resilience Understanding self-harm and recognising distress Recognising warning signs of suicidal thoughts Child sexual abuse awareness and safeguarding 						Relationships & Sex Education Risk, Relationships & RSE <ul style="list-style-type: none"> Sexual decision-making and delaying sexual activity Female genital mutilation (FGM) and safeguarding Sexual image sharing and the law Pornography and unrealistic relationship expectations Media influence on attitudes towards sex and relationships Sexual abuse, coercion and sexual violence Setting boundaries and seeking help in relationships 						Staying Safe, Online & Offline Power, Control & Safeguarding <ul style="list-style-type: none"> Social media validation and online identity Online gaming, gambling and digital risks Protecting personal data and privacy Coercion, honour-based abuse and forced marriage Modern slavery and exploitation Knife crime, pressure and legal consequences 						Celebrating Diversity Exploring World Issues <ul style="list-style-type: none"> International organisations and protection of human rights Causes and impacts of war and conflict Aid, fair trade and global development Trade unions, strikes and workers' rights Women's rights and global gender equality HIV, transmission and stigma 						Rights, Responsibilities & British Values Democracy, Human Rights & British Values <ul style="list-style-type: none"> Critical thinking, misinformation and fake news Hate crime and discrimination in the UK British values and identity in modern society Mutual respect and tolerance in diverse communities Individual liberty and responsibility under the law Human rights and global protections UK democracy and systems of government 						Contextualised			
Year 11	Life Beyond School Health & Looking After Yourself <ul style="list-style-type: none"> Organ and blood donation and the UK opt-out system Pregnancy choices including adoption and termination Realities and responsibilities of teenage parenthood Cancer awareness and national screening programmes Recognising abusive relationships Safeguarding, support networks and help-seeking 						Health & Wellbeing Health & Well-being <ul style="list-style-type: none"> Organ donation and ethical considerations Pregnancy options and decision-making Abortion law and ethical viewpoints Responsibilities of parenthood Cancer awareness and screening Healthy and abusive relationships 						Relationships & Sex Education Sexual Health <ul style="list-style-type: none"> Peer-on-peer abuse and safeguarding Fertility and reproductive health Alcohol and increased risk in social situations Sexual health services and support Sexually transmitted infections Contraception methods and effectiveness Respectful and healthy relationships 						Staying Safe, Online & Offline Online Risk, Body Image & Substance Use <ul style="list-style-type: none"> Risks in live streaming and immersive online spaces Digital footprints and reputation Cyberbullying and group chat dynamics Cosmetic procedures and body image pressure New psychoactive substances Nitrous oxide and festival risks Understanding addiction and support 						Contextualised															