

KS3

Year 7 21 lesson	Year 8 21 lesson	Year 9 21 lesson
Term 1: Lesson 1-7 Relationship and sex education - Introduction to PSHE and Healthy Relationships - Students will be introduced to PSHE and RSE and will start to look at healthy relationships. Relationship and sex education - Conflict, Friendships and Gender Stereotyping - Students will look at what conflict is and will explore positives and negatives in friendships. We will also cover biological sex, gender reassignment and the Equality Act. Relationship and sex education - Peer Pressure and Bullying - Students will explore what peer pressure is and will look at bullying and the consequences of this. Relationship and sex education - Consent - Students will look at consent in an age appropriate way. The idea of saying yes and no. This will be non sexual. Relationship and sex education - Being safe online and social media - Students will look at the different types of social media, they will look at the dangers and how to be safe online. Students will sit an end of topic mini assessment. Careers - This will be a computer room lesson where students will use a website called UNIFrog and explore careers.	Term 1: Lesson 1-7 Relationship and sex education - Healthy and Unhealthy Relationships - Students will build on knowledge from Year 7 and start to explore what an unhealthy relationship is and where to seek support. Relationship and sex education - Consent, Contraception and Teenage Pregnancy - Students will now explore what consent is in a more mature way. Students will look at teen pregnancy and what this means. Relationship and sex education - Bullying - Students will build on their knowledge of bullying and look at how bullying impacts people. There will be a basic introduction to how the law views bullying. Relationship and sex education - Body Image - Students will look at what body image is and how this is portrayed. Students will look at body shaming and AI generated images. Relationship and sex education - Online Footprint - Students will look at what an online footprint is and students will look at what happens when things get published on the internet and what happens when they can't be deleted. Students will sit a end of topic mini assessment. Careers - This will be a computer room lesson where students will use a website called UNIFrog	Term 1: Lesson 1-7 Relationship and sex education - Abuse, Forced Marriage and Arranged Marriage - Students will refresh what an unhealthy relationship is and will look at abuse in relationships - this will be non sexual. Students will then look at the difference between a forced marriage and arranged marriage. Relationship and sex education - Grooming, Pornography, Trolling and Sexting - Students will look at grooming and what this is, which will be age appropriate - non sexual. Students will then be introduced to what pornography is and what sexting is. Students will then look at trolling. Students will sit a end of the topic mini assessment. Relationship and sex education - FGM and Breast Ironing - The lesson will be taught by Rabbits, an outside organisation who are fully trained and DBS checked. Careers - This will be a computer room lesson where students will use a website called UNIFrog and explore careers Careers - This will be a computer room lesson where students will use a website called UNIFrog and explore careers Health and Wellbeing - Drug Abuse - Class

7. Social Awareness - Human Rights and introduction to misogyny - Students will learn the basics of what human rights are and will start to explore what misogyny is. Term 2 - Lesson 8-14 8. Social Awareness - Racism - Students will look at what racism is and what the legal implications are. Students will look at how we can combat and report it. 9. Social Awareness - Politics - Students will be introduced to what politics is, what a political party is and look at what a general and local election is. Students will sit an end of topic mini assessment 10. Health and Wellbeing - Eating Disorders and Basic First Aid - Students will look at what an eating disorder is and what the symptoms are. Students will also look at basic first aid and how to do it. 11. Health and Wellbeing - Personal Safety - Students will look at what it means to be safe in different situations. Students will look at fire safety, water safety (including drowning protocol), road safety and rail safety. 12. Health and Wellbeing - What is Mental Health and How to Manage it. - Students will look at what mental health is and the different types. Students will look at symptoms and who can support them. 13. Health and Wellbeing - Balanced Diet - Students will look at what a balanced diet is and how to ensure they are eating well and what are the consequences of poor eating.	and explore careers. 7. Social Awareness - Fairness - Equality - Students will refresh knowledge of the Equality Act and look at what it means to be fair in society. Term 2 - Lesson 8-14 8. Careers - This will be a computer room lesson where students will use a website called UNIFrog and explore careers 9. Social Awareness - Immigration and Asylum Seekers, Challenging racism - Students will look at what immigration is and what Asylum Seekers are. Students will look at how to challenge racism. 10. Social Awareness - Homophobia - Students will look at what homophobia is. Students will look at groups of people who are impacted by this and how we can challenge this. 11. Social Awareness - Gangs - Students will refresh knowledge on what a gang is and be introduced to money mules. 12. Social Awareness - Knife Crime - Students will look at what knife crime is, look at the statistics and consequences. Students will also have a talk from Charlie's Promise. Students will sit an end of topic mini assessment. 13. Health and Wellbeing - Substances, Drugs, Alcohol and Vaping - Students are introduced to what substances are. Students will be introduced to different drugs and classes and the health and legal implications of them. Students will look at vaping and what the dangers of this are.	A, Smoking and Vaping - Students will have a refresher on what drugs are and the different types. Students will then look at the different classes of drugs. Students will then look at what smoking and vaping is, highlighting the dangers and addiction. 7. Health and Wellbeing - Eating Disorder and First Aid - Students will refresh their first aid knowledge and ensure that the techniques are up to date. Students will look at eating disorders in more detail, highlighting what to look for and how to support those who may have one. Students will sit a end of topic mini assessment. Term 2 - Lesson 8-14 8. Social Awareness - Human Rights and Children's Rights - Students will refresh knowledge on what human rights are and will look at children's rights. 9. Social Awareness - HBT (Homo, Bi, Trans Bullying), Prejudice - Students will refresh homophobia knowledge and look at more details about the LGBTQIA+. Students will look at prejudiced views. 10. Social Awareness - Extremism and Radicalisation - Students are introduced to what extremism is and what radicalisation. Students will explore what the dangers are. 11. Social Awareness - Globalisation and Multiculturalism - Students will look at what globalisation and multiculturalism is. Students will understand why it is important to be kind to everyone. 12. Social Awareness - misogyny, female rights,
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14. Health and Wellbeing - <i>Puberty</i> - Students will look at what puberty is. Students will look at how the body changes. Students will sit an end of topic mini assessment. Term 3 - Lesson 15-21 15. Character and Learning - <i>Introducing Deepfakes</i> - Students are introduced to what deepfakes are and why they are dangerous. Students will learn what the laws are surrounding AI and deepfakes. 16. Character and Learning - <i>Resilience</i> - Students will learn what resilience is and how it can be improved. Students will look at how resilience is linked to mental health. 17. Character and Learning - <i>Copyright Laws</i> - Students will look at what copyright is and look at some examples. Students will make the link between AI and copyright. Students will sit a end of topic mini assessment. 18. Economic Wellbeing - <i>Having a Bank Account</i> - Students will look at what it means to have a bank account and understand where money comes from. 19. Economic Wellbeing - <i>Need and Wants</i> - Students will be taught the difference between what is a need and what a want is, Students will then start looking at budgeting. Students will sit a end of topic mini assessment. 20. Careers - UNIFrog Being kind to yourself - This will be a computer room lesson where students will use a website called UNIFrog and explore careers 21. Careers -	Students will have a workshop on vaping. 14. Health and wellbeing - Early Interventions - Students will look at what early interventions are for mental health, while refreshing their knowledge of what mental health is and the different types. Term 3 - Lesson 15-21 15. Health and Wellbeing - Importance of Sleep and Mental Health - Students will look at why sleep is important for the body and will look at how sleep can impact mental health. Students will sit an end of topic mini assessment. 16. Character and Learning - Organisation Skills - Students will look at what it means to be organised and how organisations can link to resilience. 17. Character and Learning - Self Evaluation - Students will look at what self evaluation is and how this will help them navigate life. Students will also look at how they can remain positive in themselves. Students will have a end of topic assessment. 18. Economic Wellbeing - Budgeting - Students will refresh their knowledge on the difference between a want and a need. Students will be given tools to help further understand budgeting and why this is important. Students will be introduced to the importance of being responsible with money. 19. Economic Wellbeing - Online Shopping and the dangers - Students will look at online shopping, focusing on both the positives and negatives. Students will be introduced to 'by now, pay later', and what dangers can follow this. Students will	how you can help. - Students will refresh knowledge on what misogyny is. Students will then improve base knowledge with more in-depth understanding and will be introduced to the manosphere. 13. Social Awareness - Voting and the Election - Students will look at democracy and refresh their knowledge on the elections and how to vote. Students will sit an end of topic mini assessment. 14. Careers - This will be a computer room lesson where students will use a website called UNIFrog and explore careers Term 3 - Lesson 15-21 15. Character and Learning - Webcams, Online Safety and Deepfake - Students will refresh knowledge on what AI and Deepfakes are. Students will then look at webcams and how they protect themselves online. They will also look at the criminal implications of online safety. 16. Character and Learning - Plagiarism and Digital Footprint - Students will look at what plagiarism is and how this can impact further education. Students will also look at digital footprints and refresh previous knowledge. 17. Character and Learning - Copyright, Social Media - Gaming - Students will refresh copyright knowledge. They will look at the difference between Plagiarism and copyright. Students will then look at Social Media and gaming, refreshing some previous knowledge as well as expanding. Students will sit a end of topic mini assessment.
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- This will be a computer room lesson where students will use a website called UNIFrog and explore careers	start to be introduced that talking about money is not something to be scared of. Students will sit at the end of topic mini assessment. 20. Careers - This will be a computer room lesson where students will use a website called UNIFrog and explore careers 21. Careers - This will be a computer room lesson where students will use a website called UNIFrog and explore careers	18. Economic Wellbeing - Gambling and Money Management - Students will be introduced to what gambling is and look at the financial implications. Students will look at how it impacts others around them and how money management can help. 19. Economic Wellbeing - Debt and Loans 20. Careers - This will be a computer room lesson where students will use a website called UNIFrog and explore careers 21. Careers - This will be a computer room lesson where students will use a website called UNIFrog and explore careers
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KS4

Year 10 21 lesson	Year 11 14 lesson
Term 1: Lesson 1-7 1. Relationship and sex education - Diverse Relationships, Tension Between Teens and Parents - Students will look at the different types of relationships in more detail and refresh knowledge from previous years. Students will look at why tensions	Term 1: Lesson 1-7 1. Relationship and sex education - Long Term Commitment, Contraception and Fertility Treatment - Students will look at what long term commitment is. Students will refresh knowledge on what contraception is and the different types. Students will

might happen and how this can be limited and understand it is normal. Students will also look at different religious views on diverse relationships.

2. **Relationship and sex education** - Consent, Sexual Relationships and Assumptions
 - Students will refresh their knowledge on what consent is and will now explore this in a more sexual way. Students will look at why consent is important and the right to withdraw consent. Students will also look at what a sexual assumption is. Students will also look at different religious relationships.
3. **Relationship and sex education** - STI, Grooming, Child on Child Sexual Abuse
 - Students will look at what an STI is. They will look at different types, how they are contracted and where to go for help. Students will refresh memory on grooming and then look at this in more detail. Students will then look at what child on child abuse is and who can support.
4. **Social Awareness** - Misogyny
 - Students will refresh their knowledge on misogyny and then look deeper into it. Students will look at incel culture, the manosphere and algorithmic radicalisation. They will look at how to combat this and where to go for help should they need it.
5. **Social Awareness** - Debate, Parliament and Democracy
 - Students will look at what a debate is how these can be done in a productive and constructive way. Students will look at parliament and manifestos. They will also be introduced to the idea of voting and what they should expect from this, where to find the information.
6. **Careers**
 - This will be a computer room lesson where students will use a website called UNIFrog and explore careers
7. **Health and Wellbeing** - Fertility Treatments, Body Image and Checking Yourself
 - Students will look at what different fertility treatments are, why people use them and look at any pros and cons. Students will look at understanding the body and how to check themselves. Students will also learn what endometriosis is and what a menopause is.

Term 2 - Lesson 8-14

look at fertility treatments in more detail and what it means to be fertile or infertile. Students will also look at different religious views on fertility treatments.

2. **Relationship and sex education** - Pregnancy, Pregnancy Outcomes, Abortion and Intimacy
 - Students will refresh knowledge on teen pregnancy. Students will learn what pregnancy actually is, what different outcomes are such as abortion. Students will look at what it means to be intimate. Students will look at the different religious views on abortion.
3. **Relationship and sex education** - Pornography, Peer Pressure and Consent
 - Students will refresh knowledge on what they think pornography is. Students will also look at real life stories and case studies of the implications of pornography. Students will now look at the full concept of consent, what it means if someone says no and how this can be classed as rape. Students will also look at the dangers of strangulation and suffocation.
4. **Character and Learning** - College, Sixth Form, Apprenticeships - what is your plan?
 - Students will look at what the next steps are and what options they have. Students will look at the options of sixth form, college and apprenticeships and what each actually means.
5. **Health and Wellbeing** - Alcohol, Tobacco, Vaping and Drugs, Drugs and the Law, Addiction and Dependency
 - Students will refresh knowledge on alcohol, vaping and drugs. Students will look at case studies and real life stories of people who are affected by this. Students will look at the law and what this means. Students will look at why the law is there to protect them and the dangers of underage drinking or excessive drinking. Students will also look at different religious views
6. **Health and Wellbeing** - Being Health Aware, Checking your Body, Breast and Testicular Cancer
 - Students will refresh what it means to be health aware. They will also look at checking their bodies and a reminder on how to do this properly. Students will then be looking at breast cancer and testicular cancer. Students will be taught the understanding of checking their bodies and this is not something to be embarrassed of.
7. **Careers**

8. **Health and Wellbeing** - Balancing Emotions, Depression and Mental Health, Suicide prevention.
 - Students are going to explore mental health and look more into depression. Students will look at religious views on mental health. Students will be taught suicide prevention. This will be taught by trained staff and in a delicate yet informing way.
9. **Health and Wellbeing** - Drug Supply Chain and Country Lines, Alcohol and Young People
 - Students will refresh their knowledge on what a drug is and what damages can be caused. Students will then look at what a country line is and what to look for. Students will also look at alcohol in young people and what laws are there to protect the younger generation. Students will also look at different religious views on alcohol.
10. **Health and Wellbeing** - Addiction and the Impact on Families
 - Students will refresh their knowledge on what addiction is and the different types spanning from alcohol to gambling. Students will then look at the impact addiction has on families and those around them.
11. **Health and Wellbeing** - Healthy Eating, Exercise and Obesity
 - Students will refresh ideas on what it means to eat healthy. Students will look at why exercise is important and the different types. Students will also look at what obesity is and statistics.
12. **Health and Wellbeing** - Stress and Coping with it, Exam Pressure and Bullying
 - Students will look at stress and refresh knowledge. Students will start to look at exams and why this might cause stress and how to manage it or who to speak to. Students will revise bullying and how this can impact people more over exam season.
13. **Character and Learning** - Organisation Skills and Exams
 - Students will think about how they can be organised and how this is important during exams. Students will look at what a PPE (mock exams) are and how we can be ready and prepared for them. Students will look at revision and different ways of being able to do this.
14. **Character and Learning** - Online Safety, Social Media and Emails
 - Students will have to refresh their knowledge on being safe online and the importance of social media in the bigger world. Students will look at possible impacts of posting something online and how potential employers could find

- This will be a computer room lesson where students will use a website called UNIFrog and explore careers

Term 2 - Lesson 8-14

8. **Character and Learning** - Mental Health, Loss and Bereavement, Negative Thinking Patterns and Positive Mental Health
 - Students will look at loss and bereavement. They will look at the idea of the 'five steps' being a myth. They will look at where they can go for support within school and the wider community. Students will look at positive and negative thinking and how we can improve this. Students will look at different religious views.
9. **Character and Learning** - Being Safe Online, Money Mules and Types of Fraud
 - Students will refresh previous knowledge on how to be safe online. Students will look at money mules in more detail and the different types of fraud. Students will look at what a recruitment scam is and the dangers.
10. **Social Awareness** - Politics
 - Students will recap vital information about politics. They will review new manifestos and gov leaders at the time of the lesson. Students will be given an opportunity to explore politics and talk it out with each other.
11. **Social Awareness** - Law and Ethics
 - Students will look at what the law is and what happens if the law is broken. Students will then look at ethics, what this means and the difference between them.
12. **Careers**
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it. Students will look at how to write an email in a professional way setting them up for applications in Year 11.

Term 3 - Lesson 15-21

15. **Economic Wellbeing and Health and Wellbeing** - Gambling and Mental Health
 - Students are going to refresh what gambling is. Students are then going to look at the financial impact of gambling and how this may impact others. Students will then look at the mental health implications of gambling. Students will also be taught of support systems.
16. **Economic Wellbeing** - Finances and financial abuse
 - Students will look at what finance is, refresh on where money comes from and how it can be earned. Students will then look at what financial abuse is and how this can be linked to sexortion (financial and sexual exploitations).
17. **Economic Wellbeing** - Budgeting Money, Income, Tax and National Insurance
 - Students will start to look at how money is achieved and what happens to this once they start working. Students will look at what an income is, they will look at tax and national insurance. Students will look at budgeting money. Students will also look at rent vs mortgage. Students will be given a realist average wage figure and will have to budget their money.
18. **Economic Wellbeing** Credit Cards, Loans (Kalarna, Clearpay)
 - Students will refresh the idea of what a wage looks like and will now explore what is classed as 'borrowed' money. Students will look at credit cards, overdraft, loans, and buy now pay later. Students will look at both the pros and cons of this.
19. **Careers**
 - This will be a computer room lesson where students will use a website called UNIFrog and explore careers
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Year 12 14 lessons	Year 13 14 lessons
1. Governance and voting - War and conflict 2. Tolerance and respect 3. Mental Health 4. Human Rights 5. The NHS 6. Being a good partner 7. Law and consent 8. Higher education and interviews (trust and dishonesty) 9. Part time work and payslips 10. Moving out 11. Misogyny 12. Keeping safe 13. Peer pressure 14. Freedom of speech and censorship Additional: Food and Hygiene course (4-6 week programme)	1. Life skills - cooking, housekeeping, hygiene 2. Coping - Exams 3. Finances - 4. Kindness and online footprint - emails and professionalism 5. Sex education - Consent 6. Prepping for university 7. Driving lesson - Theory, car maintenance, insurance and car tax (life skill and finances) 8. Tapping workshop (CHA) 9. Apprenticeships 10. Team building (escape room)