



	Health and Well Being	Living in the Wider World	Relationships
Year 7	<p><u>Transition and well being</u></p> <ul style="list-style-type: none"> • Transition to secondary school • RRS school and British values • Building positive relationships • Connection to others and being part of a community • Personal safety in and outside school • Puberty • Personal hygiene • Diet + exercise/ healthy choices 	<p><u>Developing aspirations</u></p> <ul style="list-style-type: none"> • Introduction to careers • Describe self and strengths • Focus on the positive aspects of your wellbeing, progress and achievements and how identify how to improve • Describe a range of careers • Challenging career stereotypes • Raising aspirations 	<p><u>Managing relationships</u></p> <ul style="list-style-type: none"> • Self esteem • Boundary setting • Being assertive • Dealing with peer pressure • Managing risk • Coombeshead values • What makes an inclusive community? • Diversity and equality • Challenging prejudice
Year 8	<p><u>Making good choices</u></p> <ul style="list-style-type: none"> • Alcohol • Smoking / vaping peer pressure • On line and off line safety • Use financial terms and show that you understand how to manage a personal budget • Emotional wellbeing and mental health • Resilience • Managing change and loss 	<p><u>Community and careers</u></p> <ul style="list-style-type: none"> • Contributing to society qualities and skills • Careers and life choices • Identify personal networks of support, including how to access and make the most of impartial face-to-face and digital careers information, advice and guidance services 	<p><u>Relationships respect and wellbeing</u></p> <ul style="list-style-type: none"> • Sex and the law/ consent • Contraception • Pornography and sexting • Body image • Gender identity and equality • Family values • Rights Respecting Schools/ human rights
Year 9	<p><u>Risk and safety</u></p> <ul style="list-style-type: none"> • Peer influence: gangs • Substance misuse • Healthy/ unhealthy coping strategies • Diet and exercise • Contraception • STIs 	<p><u>Setting goals</u></p> <ul style="list-style-type: none"> • Understanding careers and future aspirations • Identifying learning strengths and setting goals • How to identify and systematically explore the options open to you at a decision point (GCSE options choices) • Research for the skills, qualifications and experience you need to discuss and where necessary negotiate your plans for the future • Show that you can be positive, flexible and well-prepared for transition into KS4 	<p><u>Respectful relationships</u></p> <ul style="list-style-type: none"> • Families and parenting, • Healthy/ unhealthy relationships • Conflict resolution • Relationship changes • Challenging extremism and radicalisation • Homophobia + transphobia and sexism
Year 10	<p><u>Emotional wellbeing</u></p> <ul style="list-style-type: none"> • Mental health • Recognising signs of wellbeing concerns • Transition to GCSE developing positive and effective study habits • Influences on health • Relaxation and health • Prevention • FGM • Drug misuse 	<p><u>Working World</u></p> <ul style="list-style-type: none"> • Preparation for Work Experience • Routes into employment • Different career fields • Researching and investigating work experience placements 	<p><u>Healthy relationships</u></p> <ul style="list-style-type: none"> • Relationship myths and expectations • Pleasure and challenges • The impact of the media and pornography • Managing relationships changes (including break-ups) • The influence and impact of role models and the media • Recognising the impact of social media • The impact of debt and gambling
Year 11	<p><u>Developing a resilient mind set</u></p> <ul style="list-style-type: none"> • Happiness • Coping strategies for dealing with stress • Facing challenges • Work life balance • Choices in pregnancy • Fertility • Menopause 	<p><u>Next Steps</u></p> <ul style="list-style-type: none"> • Understanding the college application process and plans beyond school • Be able to research your education, training, apprenticeship, employment and volunteering options including information about the best progression pathways through to specific goals • Completion of personal statements, CVs and post 16 applications 	<p><u>Communication in relationships</u></p> <ul style="list-style-type: none"> • Assertive communication to include sexual health, contraception and consent • Recognising signs of unhealthy relationships and where and when to seek support/ domestic abuse • Different types of family • Forced marriage

