Autumn Term 1

"Being Me in My World"

- My Year Ahead Identifying goals for the year.
- Being a Global Citizen universal rights for children and the wider consequences of our actions.
- The Learning Charter making choices about behaviour and the effect of behaviour on a group.
- Owning our learning charter democratically deciding upon a learning charter.

Autumn 2

"Celebrating Difference"

- Am I Normal? different perceptions of normality
- Understanding difference how being different affects people's
- Power Struggles the effects of a power imbalance Why Bully? - understanding why people bully others
- Celebrating Difference people with disabilities who lead amazing
- Celebrating Difference how difference is a source of conflict and

Spring Term 1

"Dreams and Goals"

- Personal Learning Goals understanding strengths and setting realistic goals
- Steps to success working out the learning steps I need to achieve goals (use target setting sheet)
- My dream for the world identifying major problems in the world Making a difference – how we can address the world's problems
- My Achievements what other people admire about me

Spring Term 2

"Healthy Me"

- My health & wellbeing making healthy choices
- Drugs different drugs and their effects
- Exploitation how people are forced to break the law Gangs the risks of joining a gang and why people do it
- Mental Health what good mental health feels like
- Managing stress & pressure recognising stress triggers and the negative ways some people cope with stress

Summer Term 1

"Being me in my world"

- Mental Health how to take care of
- Love & Loss the different stages of
- Power & Control recognising a power imbalance
- Online safety identifying online risks
- Using technology responsibly using technology safely to communicate with people I know

Spring Term 2 "Healthy Me"

- Anxiety & Stress strategies for dealing with it, triggers, and the importance of exercise
- Substances different drugs and their effects
- Nutrition, exercise, and sleep Medicines & vaccines - healthy choices and differing opinions
- Assessment the different things that can affect my general wellbeing

Spring Term 1

(2)

"Dreams and Goals"

- What are my dreams and goals? how these change over time Achieving D&Gs – identifying the skills that will be of benefit in the
- future Coping strategies – changing behaviour based on past experiences
- How choices affect achievement the difference between responsible and irresponsible choices
- Assessment choices and their effect on my future

Autumn Term 2

"Celebrating Difference"

- Prejudice definition, Equality Act, and protected characteristics True or False? – Challenging others' attitudes and values and
- accepting differences
- Challenging Stereotypes the impact of stereotyping
- Discrimination in school positive and negative discrimination and how it affects people
- Bullying motivations for why people bully
- Assessment how respect impacts on relationships

Autumn Term 1

"Being Me in My World"

- Who am I? the factors that affect my self-identity
- Peer pressure how peer pressure operates in groups My online identity – how I present myself online?
- Online consequences what influences my behaviour online?
- Assessment maintaining positive online relationships



"Changing Me"

Summer Term 2



- self-image Puberty – how girls and boys bodies
- change Babies – from conception to birth
- Boyfriends & Girlfriends the difference between a BF/GF and a
- Real self and ideal self how to develop self esteem
- The year ahead the transition to

Summer Term 1 "Relationships"



- expectations, consent Supportive relationships – identifying supportive relationships and how
- they change Falling out – why people fall out and how to repair relationships
- External factors in relationships how the media influences relationships
- Assertiveness how to be assertive in relationships and the importance
- Assessment summarise the effects of different behaviours on rels

Summer Term 2

- Having a baby natural conception and IVF, stages of inutero
- Types of relationship positive, healthy relationships and
- Changing feelings emotional changes during puberty
- Assessment summarise changes during puberty

Autumn Term 1

"Being Me in My World"

- My family how families influence our identities

- Faith and beliefs the range of beliefs in the UK; how beliefs affect

- How identities change over time
- Family factors how families can affect our opinions and outlook
- First impressions how 1st impressions might lead to inaccurate

Autumn Term 2

"Celebrating Difference"

- Prejudice & discrimination challenges faced by those who

- Assessment understanding how respect, equality, or the lack of these, affects relationship

When things go right – social injustice continued Bullying – what is bullying? Bullying against LGBT people How I can make a difference in combatting prejudice

achieve; career options

"Dreams and Goals"

Spring Term 1

negative roles of money

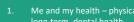
Online safety – how online activity can be positive or negative

Long term goals – identify how to

- of spending; how income varies
- day-to-day essentials and how to discern what to spend money on
- Assessment understand that choices made in the present affect

Spring Term 2

"Healthy Me"



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- Substances the effects of drugs and
- young people are exploited in relation
- to substance abuse Medicines and vaccines – the role of
- Assessment how to maintain H&WB

- "Changing Me"
- Changing bodies puberty, FGM, accessing support
- Image and self-esteem the effect of the media on selfimage

"Changing Me"

- Pornography definition; does not reflect reality





Summer Term 1 "Relationships"



- Coercion in relationships control and power balances in positive

















