### Autumn Term 1

### "Being Me in My World"

- Expectations/Perceptions in Relationships Peer Approval – definition of and potential
- Risks the effect of social influence on risky behaviour
- Being "Me" in a group accepting differences within a group structure
- Consent positive self-ID and healthy intimate rels. Definition of consent in intimate and non-intimate contexts Assessment - choices and self-esteem

### Autumn 2

### "Celebrating Difference"

- Equality examples of prej & discr; Equality Act 2010; difference between banter and discrimination
- Understanding difference sexist and ageist behaviour; challenging negative beliefs
- Power of Language recognise discriminatory lang.
- Bullying different types, workplace bullying Discrimination – protected characteristics
- Assessment summarise the consequences of discrimination

### Spring Term 1

#### "Dreams and Goals"

- My Personal Strengths setting health goals
- Power of Planning making a SMART plan for learning
- Dreams for life accepting feedback Mental Illness definition of "good" mental health; factors that affect mental health; accessing support for MH
- Media and mental health how MH, self-esteem, and self-worth are affected by social media and media manipulation
- Assessment summarise negative effects on MH

### Spring Term 2

### "Healthy Me"

- Making healthier choices typical lifestyle choices of young people; addressing health misconceptions
- Alcohol physical and emotional effects; the law; effects on decision making
- Using substances smoking, drug classification & the law
- Life-saving skills recovery position and 999 Effects of substances – on individuals and society
- Assessment summarise the risks of substance abuse, and the law relating to controlled substances

## Summer Term 1 "Relationships"



- to coerce in relationships Assertiveness – mastery, the choice to say "no"; consent in relationships
- Porn false impressions of sex, challenging sexual stereotypes
- Contraception importance re: STIs and conception
- Unprotected sex consequences. STIs, GUM clinics
- Assessment risks and consequences of sex

# Spring Term 2

"Healthy Me"



- Protecting health range of things that improve health
- Amazing bodies understand physiological complexities; risks of OTC drugs
- Amazing minds symptoms of common MH disorders
- Common diseases & how to prevent Assessment - summary

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### Spring Term 1

### "Dreams and Goals"

- Rels and Goals how rels can help achieve goals
- My goals & health how good health leads to achieving goals
- Work/life balance how to achieve ideal balance for success in achieving goals
- Healthy Balance relation to positive mental health; health goals that are important to some people
- Assessment How rels and community = goals

### Autumn Term 2

### "Celebrating Difference"

- Equality in the UK visible and hidden disabilities
- Equality at work how Equality Act applies at work

  Multicultural Society definition, benefits, and cultural/ethnic
- groups in the UK
- Power in Relationships ID misuses of power and consequences of abusive relationships
- Challenging Inequality
  Assessment how inequality affects society & rels.

# Autumn Term 1

# "Being Me in My World"

- 1. Liberty freedoms in modern society; personal freedom and
- Endings how we feel when things end (grief, bereavement) and accessing support
- Social media how it affects identities and culture
- Risk Ratings making judgements about riskiness of different activities (incl. online); mitigating risk
- Assessment how to stay safe in on & offline rels.



# **Summer Term 2** "Changing Me"



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- 1. Mental Health how experiences and situations affect MH; depression and anxiety; MH stigma Change and emotions – coping with
- big life changes Better sleep – why sleep is important
- for health & learning Resilience definition of, and how to
- develop resilience
- Puberty reflect on physical and emotional changes, and those still to come; accessing support for puberty-borne changes Assessment

# Summer Term 1 "Relationships"



- Love & Loss relationship life cycle;
- ending a relationship Healthy connections – benefits of
- rels; rels and children Rels in the media - how they differ from real life
- Better Together? signs of an unhealthy relationship

unhealthy rels.

Assessment – signs of healthy &

### **Summer Term 2**

## "Changing Me"

- Changing society which ones affect us the most?
- Managing change & decision making feelings associated with change and how to deal with them
- Gender & sexual identity realities and myths; the spectrum of gender identities
- Gender stereotypes in romantic rels and society at large Physical & emotional changes – link between physical/emotional change and self-esteem
- Assessment how societal change affects us all

### **Autumn Term 1**

### "Being Me in My World"

- Becoming an Adult legislation that affects 16-year-olds Relationships & the law legal status of different relationships and
- The law and you legislation re: tobacco, drugs, alcohol
- The internet and the law legislation re: pornography and other
- Emergency situation what to do in different emergencies Assessment – the rights, responsibilities, and laws that affect us

# Autumn Term 2

# "Dreams and Goals"

- Anxiety managing overwhelming situations; sleep & MH 2
- Money & Debt financial goals and budgeting
- Dream jobs & skillsets matching careers to skills Future relationships relationship goals; different types of rels including marriage and children
- When things go wrong identifying barriers to dreams and goals Assessment understanding what needs to be done in order to achieve career and relationship goal



## **Spring Term 1** "Healthy Me"



- Relaxation & stress managing stress with relaxation
- Hygiene & health self-exams, preventing and treatment for STIs
- Under pressure pressure to engage
- Pregnancy & choice contraception
- effects on physical and mental health of negative sexual relationships
- Assessment summarise how to stay healthy in sexual relationships, and

# **Spring Term 2**

# "Relationships"



- Coming out the challenge of being
- managing power imbalances in
- FGM, and hate crimes



Fulfils their God-given potential Communicates effectively Makes good academic progress Develops self-esteem and confidence Is prepared for the next stage of their educational journey





