

## Skills

### Mastery in Year 11

- Awareness of stress management strategies, including maintaining healthy sleep habits, effective revision techniques and strategies.
- Informed on post 16 options career pathways.
- Informed on rights, responsibilities and challenges in relation to working part time while studying.
- Awareness of gender identity, gender expression and sexual orientation.
- Awareness of different types of families and changing family structures.
- How to evaluate readiness for parenthood and positive parenting qualities.
- Informed on fertility, pregnancy, birth and miscarriage.
- About unplanned pregnancy options, including abortion.
- About adoption and fostering.
- About 'honour based' violence and forced marriage and how to safely access support.

### Mastery in Year 10

- Informed on assumptions, misconceptions and social norms about sex, gender and relationships.
- Informed on opportunities and risks of forming and conducting relationships online.
- Itemise the impact of the media and pornography on sexual attitudes, expectations and behaviours.
- Awareness of the impact of drugs and alcohol individuals, personal safety, families and wider communities.
- Informed on the equality act, diversity and values.
- Strategies for overcoming challenges or adversity.
- Awareness of responsibilities in the workplace.

### Mastery in Year 9

- Knowledge of transferable skills, abilities and interests, different types of employment and career pathways.
- How to manage feelings relating to future employment.
- How to work towards aspirations and set meaningful, realistic goals for the future.
- Informed on GCSE for 16 options.
- Informed on facts and misconceptions relating to consent.
- Knowledge of the continuous right to withdraw consent and capacity to consent about young peoples employment rights and responsibilities.
- Skills for enterprise in employability.
- How to give and act upon constructive feedback.
- Strategies to promote mental health and emotional wellbeing.

### Mastery in Year 8

- How to manage influences on beliefs and decisions.
- How to develop self-worth and confidence.
- Awareness of gender identity, transphobia and gender-based discrimination.
- How to recognise and challenge all forms of discrimination.
- Other attitudes towards mental health.
- How to change misconception stigma.
- Informed on positive daily well-being.
- How to develop digital resilience.
- Awareness of unhealthy coping strategies.

### Mastery in Year 7

- How to identify, express and manage their emotions in a constructive way
- How to manage the challenges of moving to a new school
- How to establish and manage friendships
- How to develop self-worth and self efficacy
- How to challenge unwanted contact
- How to recognise and challenge unhealthy behaviour

## Knowledge

