

PSHE

Skills

Mastery in Year 11

- wareness 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
- 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
- Strategies for overcoming challenges or
- 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
- Strategies to promote mental health and emotional wellbeing.

Mastery in Year 8

- How to manage influences on beliefs
- How to develop self-worth and confidence.
- transphobia and gender-based
- How to recognise and challenge all forms of discrimination.
- How to change misconception stigma.
- Informed on positive daily well-being.
- How to develop digital resilience.
- strategies.

Mastery in Year 7

- 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
- How to challenge unwanted contact
- How to recognise and challenge unhealthy behaviour

Knowledge

Health and Wellbeing

Independence Responsible health choices and safety

RSHE

Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships (KS4 Religious Studies Unit)

RSHE

Living in the Wider World

Next Steps Application processes and skills for further education, employment and career progression

Communication in relationships

Personal values, assertive communication (including in relation to contraception and sexual health), consent, relationship challenges and abuse

Health and Wellbeing

The Year ahead Citizenship (British Values and The Equality Act) Your Health, Your safety, Your future

Living in the Wider World

Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices.

Addressing extremism and radicalisation Communities, belonging and challenging extremism (KS4 Religious Studies Unit)

RSHE

Living in the Wider World **J**

Exploring influence The influence and impact of drugs, gangs, role models and the media

Health and Wellbeing

Health an

Work experience Preparation for and evaluation or work experience and readiness for work

Healthy relationships Consent and sex expectations, myths. pleasure and challenges,

Respectful relationships Consent, your body, your rights, your rules

RSHE

Health and Wellbeing

The Year ahead Citizenship (British Values and The Equality Act) Your Health, Your safety, Your future

Living in the Wider World

Employability skills Employability and online presence

Respectful relationships Families and parenting, healthy relationships, conflict resolution and relationship changes

RSHE

RSHE

Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse and gang exploitation (Personal Development Day)

Living in the Wider World

Setting Goals Learning strengths, career options and goal setting as part of the GCSE options process (Enterprise Day)

Digital literacy Online safety, digital literacy, media reliability and gambling hooks.

Y9 Health and Wellbeing

The Year ahead Citizenship (British Values and The Equality Act) Your Health, Your safety, Your future

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Intimate relationships Equality, Gender identity, sexual orientation, consent, 'sexting' and an introduction to contraception/STIs

Living in the Wider World

Gender and Identity Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception

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- and decisions.
- Awareness of gender identity,
- discrimination.
- Other attitudes towards mental health.

- Awareness of unhealthy coping

- How to identify, express and manage

Living in the Wider World

Community and careers Equality of opportunity in careers Drugs and Alcohol and life choices, and different types Alcohol and drug and patterns of work. misuse. Pressures

Discrimination in all its forms, including: racism, religious discrimination, disability discrimination, sexism, homophobia, biphobia and transphobia.

> Financial decisions making Saving, borrowing, budgeting and making financial choices.

Health and Wellbeing

The Year ahead Citizenship (British Values and The Equality Act) Your Health, Your safety, Your future

relating to drug use.

Living in the Wider World

Building relationships Self-worth, romance and friendships (including online), consent and relationship boundaries.

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RSHE Health and Wellbeing

Health and puberty Diversity, prejudice and bullying Healthy routines, influences on health, puberty, unwanted contact and FGM.

Living in the Wider World

Developing skills and aspirations

Careers, teamwork and enterprise skills

and raising aspirations.

Health and Wellbeing

Transition and safety Transition to secondary school and

personal safety in and outside school.