

	Autumn		Spring	Summer	
Year 7	<b>Transition, safety and puberty</b> 1. What is PSHE? 2. How can I show resilience? 3. Is it ok that I am feeling this way? 4. What are different anger management strategies? 5. What is puberty? 6. What is sex? 7. How can I stay safe? ( <i>consent</i> )  <b>Enrichment:</b> first Aid/dental hygiene/consent/drop down		<b>Diversity</b> 1. What is life like in multicultural Britain? 2. How can I identify prejudice and discrimination? 3. What are different types of bullying? 4. What is the equalities act? 5. How can I show tolerance of different beliefs?  <b>Enrichment:</b> Zarah Sultana Trip to parliament	<b>Building Relationships</b> 1. What am I worth? 2. How can I be my authentic self? 3. Why is it important to show and treat people with respect? 4. How can I respect and understand personal boundaries? ( <i>Consent</i> ) 5. How can I build & maintain positive relationships? 6. How can I be a good member of Meadow Park School? 7. When is the right time to start a romantic relationship?  <b>Trip – Dolymoch – team building</b>	
	<b>Drugs &amp; Alcohol and Emotional Wellbeing</b> 1. How can I have a healthy lifestyle? 2. How dangerous are drugs & what are the different types? 3. Why must we be so careful with alcohol? 4. What's the big deal about energy drinks? 5. Emotional literacy – why is self-awareness and sensitivity important? 6. What is self-harm and why do people do it? 7. How can I stay healthy with a positive body image?		<b>Discrimination</b> 1. What is your identity? 2. why are xenophobia, racism, and extreme nationalism so dangerous in Britain? 3. What is the equality act? 4. How can I challenge homophobia? 5. how can I challenge Islamophobia and hate crimes?	<b>Identify and relationships</b> 1. What does consent look like? 2. what is the difference between sex and gender? 3. What is sexual orientation? 4. What counts as 'sexting'? 5. How do I know if I am being taken advantage of? 6. What are the risks and how can I protect my sexual health? 7. What can I do if I am not in a healthy relationship?	
Year 8	<b>Peer influence, substance use &amp; gangs and Healthy lifestyles</b> 1. Why do people show anti-social behaviours and what are the consequences? 2. Gangs are they really that glamorous? 3. What is county lines? 4. Peer pressure – why is it so powerful and how can I overcome it? 5. Body positivity – is this always a good thing or does it promote health issues? 6. How do I know if I am eating healthy? 7. What is cancer and is there anything I can do to prevent it?		<b>Respectful relationships</b> 1. What makes me angry? 2. How can we manage break-ups amicably and get over a broken heart? 3. Families – what are the different types and does it matter what type I have? 4. What is marriage? 5. What is abuse and where can I find support?	<b>Intimate relationships</b> 1. How can I establish clear sexual boundaries? ( <i>consent</i> ) 2. What goes where? 3. Why have sex? 4. How accurate is the media's representation of sexual relationships? 5. What counts as pornography? 6. How can a relationship change? 7. How do different methods on contraception work?	
	<b>Mental health and exploring influence</b> 1. Why is happiness & positivity important so important for our health? 2. How to manage tough times, change, grief and bereavement 3. Suicide – why do people do this and what are the warning signs? 4. What are positive and negative 'risks' and how can I make better decisions? 5. Binge drinking – what is it and is it really that bad for you? 6. Are cannabis, spice and shisha really that dangerous? 7. How can I stay safe at a festival or party?  <b>Trip:</b> Everyone's talking about Jamie Birmingham hippodrome		<b>Healthy Relationships</b> 1. What does a loving respectful relationship look like? ( <i>consent</i> ) 2. Stalking and sexual harassment: what are these and how does the law protect us? 3. What are coercive and controlling relationships? How are they abusive? 4. What is the difference between real life sex and sex show in pornography? 5. What is the role of pleasure in intimate relationships?	<b>Work experience</b> 1. What is the purpose of work experience? 2. How can I take initiative? 3. What are professional standards? 4. how can I make the most of work experience?	<b>Addressing Extremism and radicalisation</b> 1. What is the difference between an extreme and moderate view? 2. How would you know if you are being radicalised? 3. Does misogyny exist?
Year 9	<b>Building for the future</b> 1. How can we relax and destress in a healthy way? 2. Smartphone addiction – is this real and can it cause us harm? 3. Perseverance & procrastination – Why is the ability to persevere an essential life skill? 4. Plans beyond school University, college or Sixth form?		<b>Communication in relationships</b> 1. How can we manage and resolve conflict safely? 2. How do date rape and sexual assault happen and how can you report it? 3. What are STI's and how can you treat them? 4. What are your choices regarding contraception? 5. what is sex's place in a relationship?	<b>Families</b> 1. What is the reality of teen pregnancy? 2. What are you options if you have an unplanned pregnancy? 3. What impact does miscarriage and abortion have on someone? 4. What types of families are there?	
	<b>Next Steps</b> 1. What is metacognition? 2. How can I successfully revise to prepare for my exams? 3. Revision techniques – What are they?				
Year 10					
Year 11					