

Our intent:

To prepare our young people for the **challenges, opportunities and responsibilities of life**, by equipping us with the skills and knowledge needed to become confident and competent members of society.

- Be safe
- Be kind
- Work hard

Curriculum Overview

Year 7	Me and My World (Transition)	Living in the Wider World	Relationships	Staying Safe and Healthy
Year 8	Planning for My Future	Relationships	Staying Safe and Healthy	Living in the Wider World
Year 9	Planning for My Future	Living in the Wider World	Staying Safe and Healthy	Relationships
Year 10	Planning for My Future	Staying Safe and Healthy	Relationships	Living in the Wider World
Year 11	Planning for My Future	Relationships	Living in the Wider World	Staying Safe and Healthy

YEAR 7

Me and My World

My Identity

Settling in, my identity, making friends and transition from primary school.

My influences

Being assertive, our influences, critical thinking

Peer Pressure

Positive/negative peer pressure and how to deal with it

Digital footprints

Online data use, being kind online, cookies, digital footprints

Staying Safe Online

Privacy settings, sexting, report remove.

Living in the Wider World

Antibullying Week

Banter v bullying, how to be an upstander, online and offline

Diversity and Discrimination

Diversity, gender stereotypes, discrimination

The Equality Act 2010

The law and the 9 Protected Characteristics

Our parliament

Democracy, structure and function of parliament and government

Budgeting

Principles of budgeting, essential and non-essential bills, bank accounts, bank cards

Avoiding Online Scams

Password protection, online fraud, staying safe online

Relationships

Managing Our Emotions

Identifying and managing emotions, self-care and where to get help.

How to Be a Good Friend

Communication and listening skills, healthy/unhealthy behaviours in a friendship

Consent and Relationships

Being assertive, consent, respecting boundaries

When Friendships End

Managing disputes, friendships changing and ending in a respectful way.

Staying Safe and Healthy

First Aid

Where to get medical help, basic first aid strategies

Healthy Diet and Exercise

Benefits of diet and exercise on our physical and mental health

Dental Health

Teeth and good dental hygiene

Personal Hygiene

Personal hygiene, germs and how they spread, treatment and prevention of infection, vaccinations

Puberty

Hormones, how our bodies change in puberty, menstrual cycle.

Staying Safe

Beach and water safety, float to live, getting help from the emergency services

YEAR 8

Planning for My Future

How to be Successful

What success looks like, the meaning of money and the importance of goals

Goal setting

Short, medium and long-term goal setting, SMART targets, motivation

Grit and Resilience

How grit, resilience and a growth/fixed mindset can achieve our goals.

Relationships

Real or not real?

Social media curation, filters, deepfakes and AI, how it could affect our self-esteem

Antibullying Week

Types of bullying, how to be an upstander

Healthy Friendships

Healthy and unhealthy behaviours in a friendship, and recognising misogyny.

Safe Friendships

Relationship values, power balances, knife crime, grooming

Family Relationships

Roles and responsibilities of a parent/carer

Diversity and Equality

Prejudice, discrimination and challenging stereotypes. Disability and The Equality Act 2010

Staying Safe and Healthy

Gambling

Taking risks, types of gambling, where to get help.

Eating and Moving Well

Diet, exercise, cardiovascular system and Type II diabetes

Looking After Our Skin and Bodies

Sunscreen, skin cancer, heat exhaustion.

Sleep

Importance of sleep, good sleep hygiene

Donations

Vaccinations, types of blood, tissue and organ donation

Substance and Risk

Perceived v actual risk, nicotine, alcohol, smoking/vaping, cannabis and the law

First Aid

First aid basics and where to get help

Living in the Wider World

Personal Safety

Road, water, firework and public transport safety

Our Impact on The World

Plastic use, volunteering, raising awareness and helping our communities

Fake News

Misinformation, disinformation, understanding algorithms and echo chambers, AI chatbots and deepfakes, how to think critically

Financial Scams

Staying safe online, online shopping, cryptocurrencies, money mules, where to get help

YEAR 9

Planning for My Future

What does my future look like?

What success and happiness look like for me, values vs goals, aspirations

Employment Skills

Personal strengths, qualities and attributes. Understanding and reflecting on what employers, colleges and universities are looking for

Goal setting

SMART goal setting and planning for GCSE options and beyond

Living in the Wider World

Antibullying Week

Love not Hate

Bullying, The Equality Act, discrimination and hate crimes, the law and how to report it

UK Laws and Courts

Democracy, importance of law, role of UK courts and processes

Can One Person Change the World?

Changemakers, using our voice to make a change and support our communities

Can We Trust Influencers?

The role of influencers, clickbait, misinformation and disinformation

Misogyny

Definition of misogyny, where it occurs online and in real life, how to think critically.

Staying Safe and Healthy

Looking after our mental health

Stress, emotions, negative thinking, useful strategies for managing mental health, where to get help

Healthy Habits

Diet, exercise, the importance of sleep and sun protection

Substance Misuse

Medications, perceived risks v actual risks, addiction, caffeine, nicotine, cannabis, alcohol and drug classifications

Belonging

Belonging to a group, loneliness, grooming, criminal exploitation, knife crime, county lines

First Aid

Basic first aid, where to get help

Illegal and Harmful Cultural Practices

Forced marriage, 'honour-based' violence, FGM and sources of help

Relationships

Managing Our Emotions

Emotions, anxiety, self-care and strategies to help

Equality in Relationships

Power balance/imbbalances, healthy and unhealthy behaviours, consent, coercion, gaslighting, sexual harassment and the law

Safe Sex

Reproduction, contraception, STIs, where to get reliable advice about sexual health

Pornography: is it real?

What is pornography, the law, stereotypes, misogyny, strategies to resist the pressure to view pornography, where to get reliable advice about sex and relationships

Taskmaster

Teamwork, communication, presentation, problem-solving

YEAR 10

Planning for My Future

Goal setting

Setting ourselves up for GCSE success, SMART goals, resilience and developing a growth mindset

Effective CV and cover letters

Writing effective CVs and cover letters for Work Experience applications and beyond

Effective Revision Strategies

FLAT revision strategies, how to structure a revision timetable, healthy habits for success

Staying Safe and Healthy

Antibullying Week

Illegal and Harmful Cultural Practices
(2026-2027 only)

Everyone Has Mental Health

Identifying and managing emotions, negative self-talk, stigma and boys' emotions, positives strategies and where to get professional help

Health Checks

How and when to access medical care, Gillick competence, sun care, skin cancer, breast and testicle checks, cervical screening

Alcohol

The physical and psychological risks associated with alcohol, drink spiking, methanol poisoning and where to prevent/ get support for addiction

Nicotine

The effects of vaping and smoking, how to get help and support for addiction

Relationships

What does it mean to belong?

Loneliness, belonging to a group, gangs, knife crime, signs of grooming

Recognising green and red flags

Types of attraction, healthy and unhealthy behaviours in a relationship

Breaking Up is Hard to Do

Recognising coercion, unhealthy behaviours, how to deal with break ups and where to get help

Pregnancy

Stages of pregnancy, pregnancy care, contraception, miscarriage, stillbirth, role of a parent/carer

Reproductive Health

Male and female fertility and reproductive systems, endometriosis, IVF, menopause

Safe Sex

STI prevention, symptoms, testing and treatment, including HIV and Prep

Living in the Wider World

Our Values & Ethical Issues

The importance of how our values and ethics affect our lives and actions

Why Do We Have the Online Safety Act?

Misinformation/ disinformation, deepfakes, pornography, algorithm and echo chambers, incels, revenge porn, Report Remove

Gangs and Grooming

Why people join a gang, grooming, criminal, financial and sexual exploitation, radicalisation, where to get help

Personal Safety

Public transport, road safety, water safety, socialising as a growing teen

AI and Staying Safe Online

Generative AI, deepfakes and financial fraud

YEAR 11

Planning for My Future

Becoming an Adult

Important laws and age limits to understand as we enter adulthood, what a 'rich life' looks like

What's Next?

Year 11 timeline, pathways, goal setting and reflection on Year 10 PPEs.

CV Updates

Updating CVs for college and apprenticeship applications

Relationships

Antibullying Week

Types of bullying, respect for religious differences, hate crimes and related laws

World Mental Health Day

Mental health illnesses, loneliness, self-care and where to get help

Healthy Relationships

Relationship values, power balances, healthy and unhealthy behaviours, consent, coercion, domestic abuse, sexual harassment and assault.

Reproductive Health (2026 only)

Safe Sexual Relationships

Contraception, safe sex practices including STI information, health checks and testing

Illegal and Harmful Cultural Practices

Social norms, breast flattening, FGM, hymenoplasty and virginity testing

Living in the Wider World

Making Difficult Choices

Our ethics and values, autonomy and choice, genetic engineering, euthanasia

Managing Our Money

Payslips, national insurance, income tax; where it goes and how it is paid. Bank accounts, saving, student loans, credit cards, credit checks and mortgages. Where to get help

Our Digital Footprints

How websites, apps and social media use our data, digital footprints, staying safe

Can We Trust Everything We See Online?

Disinformation, misinformation, deepfakes, conspiracy theories, thinking critically. Grooming, exploitation, radicalisation, extremism, where to get help

Supporting Our Communities

How to be a positive citizen

Staying Safe and Healthy

Going Out

Personal safety and substance misuse: alcohol, nicotine, substance misuse, addiction, where to get help, how to stay safe when socialising

Pregnancy and Fertility

Male and female fertility, IVF, adoption, abortion, menopause and other adult changes

When Things End

Managing Change, dealing with grief, building confidence when doing new things, personal safety

Good Habits For Exams

Managing stress and developing healthy habits to support exam success