

Key (three core themes of the Programme of Study):

Relationships

Health and Wellbeing

Living in the Wider World

YEAR	TERM 1 (Autumn)	TERM 2 (Spring)	TERM 3 (Summer)
YEAR 10	<ul style="list-style-type: none"> ● Mental health and wellbeing: <ul style="list-style-type: none"> – Screen Time – Mental Health Illnesses – Mental Health Strategies – Promoting Emotional Wellbeing – Self-Harm – Suicidal Thoughts and Feelings ● Financial decision making <ul style="list-style-type: none"> – The impact of financial decisions – Debt – Gambling – Impact of advertising on financial choices – Exploring a paycheck 	<ul style="list-style-type: none"> ● Exploring Relationships and Sex Education: <ul style="list-style-type: none"> – Sexting – Online Pornography (Myths vs Reality) – Pornography and its Impact on Society – Unhealthy Relationships – Sexualisation of the Media – Pleasure and Delaying Sexual Activity ● Violence, Crimes and Seeking Safety: <ul style="list-style-type: none"> – Honour Based Violence – Campaigning Against FGM – Forced Marriages – Modern-Day Slavery – Keeping Your Data Safe – Knife Crime 	<ul style="list-style-type: none"> ● Exploring World Issues: <ul style="list-style-type: none"> – Communities – Belonging – International Organisations – Peace, War & Conflict – Human Rights During War – Aid & Supporting Other Countries – Fair Trade & Free Trade ● Exploring British Values: <ul style="list-style-type: none"> – Fake News – Hate Crime in the UK – British Values and Identity – Mutual Respect & Tolerance – Individual Liberty – What are Human Rights? – Democracy Explored
YEAR 11	<ul style="list-style-type: none"> ● Building for the Future <ul style="list-style-type: none"> – Self-efficacy – Stress management – How to maintain a healthy self-concept 	<ul style="list-style-type: none"> ● Communication in Relationships <ul style="list-style-type: none"> – Core values – Assertive communication (including in relation to contraception and sexual health) 	

	<ul style="list-style-type: none"> - Positive and safe ways to create content online and the opportunities this offers - Balancing time online <ul style="list-style-type: none"> • Next Steps - Application processes (including post-16 options) - How to set and achieve SMART targets - Skills for further education - Employment and career progression - Effective Revision techniques and strategies - Work/Life balance 	<ul style="list-style-type: none"> - Relationship challenges - Unhealthy, exploitative and abusive relationships - How to access support in and how to overcome challenges in seeking support <ul style="list-style-type: none"> • Independence - Responsible health choices - Assessing Risk and Safety - Lifestyles - Screening and Self-Examination - Vaccinations and Immunisations - Registering with and accessing doctors, sexual health clinics, opticians and other health services - Blood, organ and stem cell donation 	
--	---	--	--