

	Autumn 1 Citizenship	Autumn 2 Health and Wellbeing	Spring 1 Future Planning	Spring 2 Citizenship	Summer 1 Relationships & Sex Education	Summer 2 Various
Year 7	<b>Identity &amp; Diversity [7]</b> Getting to know you, friendship and bullying, prejudice, community cohesion, our ancestry.	<b>Diet, Exercise and Healthy Choices [8]</b> Intro to mental wellbeing, good hygiene, diet and exercise, personal safety (inc. e-safety & road safety). Understanding body image, puberty.	<b>Careers [6]</b> Employability skills, interview skills, guest speaker and money management.	<b>Democracy &amp; Parliament [6]</b> History of democracy, campaign for suffrage, parliamentary institutions, how laws are made, House of Lords, Monarchy, political spectrum.	<b>Relationships and Me [6]</b> Self-esteem, types of relationships, healthy relationships, safe places, Child Sexual Exploitation awareness.	<b>Public Speaking [Yr7 6 / Yr8 3]</b> Developing oracy through advocacy & social action related to topics studied this year
Year 8	<b>Rights &amp; Responsibilities [6]</b> British values, Human rights, Legal Rights, Discrimination Responsibilities, R&R in the workplace.	<b>Mental Health and Wellbeing [6]</b> Attitudes towards mental health, unhealthy and healthy coping strategies, digital resilience, bullying, First Aid [taught in ST2 on rota]	<b>Careers [7]</b> NHS competition, personal qualities, the labour market, goals and ambitions	<b>Politics &amp; Participation [7]</b> Political stereotypes, voter apathy, voting age, political parties, Conservative and Labour. Controversies	<b>Family and Relationships [7]</b> Different types of families, family breakups, healthy relationships, romance, gender stereotypes and sexism, introduction to LGBT+ and FGM.	<b>Possible examples:</b> Campaigns to raise awareness of social issues and enact change, including in school.  *Basic First Aid taught on a rota to Year 8 [3]
Year 9	<b>Drugs, Health and the Law [7]</b> Alcohol and illegal drugs, prescription drugs, evaluating the impacts of drug use.*	<b>Mental Health and Wellbeing [6]</b> Mental health, anxiety, self-harm, eating disorders, online stress, healthy coping strategies, and how to find support.	<b>Managing Money [5]</b> Saving and spending, living within our means, managing money, gambling.	<b>Conflict &amp; Consensus [7]</b> Causes, resolution, gangs, tackling homophobia and transphobia, tackling racism, Knife free and positive role models.	<b>Relationships &amp; Sex Education [8]</b> Consent, exploitation, challenges to relationships, sexting, sexual images, contraception, STIs.	<b>Careers [5]</b> Intro to START locker profile, employability, employment skills, Bucks labour market
Year 10	<b>Law &amp; Order [5]</b> Breaking the law, Police, CPS, courts and sentencing and types of prisons and the purpose of them.	<b>Mental Health and Wellbeing [5]</b> New challenges, recognising illness, negative thinking, promoting wellbeing. Work-life balance.	<b>Financial Planning [7]</b> Wages, taxation, managing financial risk (inc. gambling) consumer rights, debt, pensions, saving accounts, money and wellbeing, finance workshop.	<b>Cultural Diversity [5]</b> Changing religious traditions, tackling forced marriages, and FGM, challenging extremism and radicalisation, religious tolerance.	<b>Relationships &amp; Sex Education [14] COVID Catch-up</b> Different types of families, family breakups, exploitation, challenges to relationships, relationship abuse, pornography, sexting, sexual images, cyber safe, consent, healthy relationships, contraception and STIs.	<b>Careers and Study Skills [3]</b> Career interests, how values affects career aspirations, revision timetable.
	Autumn 1 Health and Wellbeing	Autumn 2 Future Planning	Spring Relationships & Sex Education		Summer 1 Various	Lesson Totals
Year 11	<b>Mental Health and Wellbeing [5] COVID Catch-up</b> New challenges, recognising illness, negative thinking, promoting wellbeing. Work-life balance.	<b>Careers [5]</b> CV writing, applications and interview skills for employment	<b>Stand-alone unit for this year only. Relationships &amp; Sex Education [17] COVID Catch-up</b> Pornography, sexual images, cyber safe, consent, healthy relationships, contraception and STIs. Types of relationships, LGBT+, safe sex, LGBT+ safe sex, consent and rape, controlling relationships, managing break ups, revenge porn, teenage pregnancy, marriage and parenting.		<b>Study Skills [2]</b> Revision techniques:, managing exam stress.	<b>Yr 7: 39</b> <b>Yr 8: 39</b> <b>Yr 9: 39</b> <b>Yr 10: 39</b> <b>Yr 11: 27</b>  * Also part of Health Education