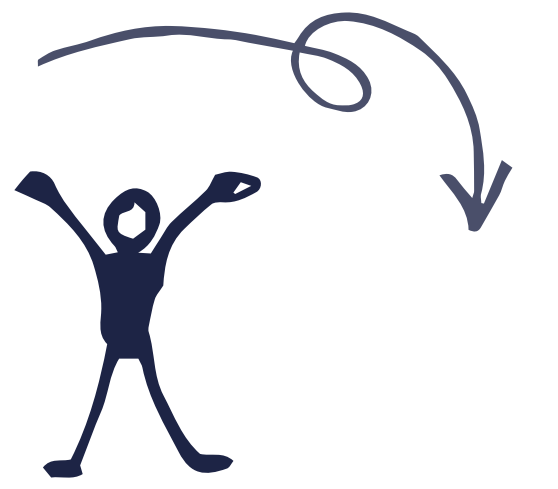




LIFE SKILLS



YEAR 7

I AM RESPECTFUL		I AM TENACIOUS		I AM MOTIVATED		I AM AMBITIOUS
TRANSITION TO REDNOCK • Managing change • Rednock values • Making and keeping friendship	DIVERSITY AND IDENTITY	BULLYING AND DISCRIMINATION • Bullying • Disabilities and discrimination	DRUGS AND ALCOHOL • Caffeine and energy drinks	CAREERS • Values and aspirations • Researching careers • Personal attributes	FIRST AID • Basic life support • Head injuries • Allergies	MENTAL AND PHYSICAL HEALTH • Mental health • Physical health • Diet, exercise and sleep

YEAR 8

I AM MOTIVATED	I AM TENACIOUS	I AM RESPECTFUL	I EXPLORE CURIOSITIES		I TAKE RESPONSIBILITY	
CAREERS • Different types of work • Stereotypes at work	DRUGS AND ALCOHOL • Introduction to alcohol • Legal and illegal drugs • Vaping	RELATIONSHIPS • Child sexual exploitation and grooming • Consent – managing rejection • Police presentation on knife crime	PERSONAL SAFETY • Fraud and identity theft • Road safety • Water safety	MANAGING MONEY • Budgeting • Banks and savings	PUBERTY • Changes in males and females • Personal hygiene • Body image	RELATIONSHIPS • Types of relationship • Respectful and disrespectful behaviours • Everyday consent

YEAR 9

I AM AMBITIOUS	I TAKE RESPONSIBILITY	I EXPLORE CURIOSITIES	I AM RESPECTFUL	I AM TENACIOUS	I AM MOTIVATED
MENTAL HEALTH • Mental health and mental illness • Healthy and unhealthy coping strategies	SEXUAL RELATIONSHIPS • Sexual relationships • Basics of contraception • Sexting	DISCRIMINATION • Gender discrimination • Racism • Ageism	PEER INFLUENCES • Friendship groups • Gangs • Knife crime	DRUGS AND ALCOHOL • How much alcohol is in a drink? • Long and short-term effects of heavy drinking • Drugs and the law • County Lines	CAREERS • Skills and attributes • Options • Future careers

YEARS 10 & 11

I AM AMBITIOUS	I AM MOTIVATED	I AM TENACIOUS	RE AND CITIZENSHIP	I TAKE RESPONSIBILITY	I AM AMBITIOUS
MENTAL HEALTH • Depression and anxiety • Emotional wellbeing • Managing stress • Body image	FIRST AID • Basic life support CAREERS • Researching careers • Work experience • Making a positive impression	DRUG AND ALCOHOL • Alcohol and the law • A safe night out • Cannabis, ketamine and nitrous oxide	RELIGIOUS EDUCATION • Sikhism • Sikh beliefs and traditions • Community service and Langar BRITISH VALUES • Human rights • Extremism and intolerance	RELATIONSHIPS • Commitment • Sexual consent • Sexual harassment	SEXUAL RELATIONSHIPS • Sexual health • Contraception MENTAL HEALTH • Social media and mental health • Helping a friend in need • Suicide prevention

YEARS 12 & 13

I TAKE RESPONSIBILITY	I EXPLORE CURIOSITIES	RE AND CITIZENSHIP	I AM MOTIVATED	RE AND CITIZENSHIP	I TAKE RESPONSIBILITY
RELATIONSHIPS • Healthy relationships • Ending relationships • Abuse • Pornography PHYSICAL HEALTH • Sexually Transmitted Infections (STIs) • Health checks and screening	MANAGING MONEY • Money and work • Personal finance PERSONAL SAFETY • Fraud • Gambling	RELIGIOUS EDUCATION • Warn and peace BRITISH VALUES • The UN, the Commonwealth and NATO	CAREERS • Researching post-16 options • Applying for the next steps • Writing an application form • Interview skills • Mock interviews	RELIGIOUS EDUCATION • Crime and punishment BRITISH VALUES • Democracy • The law	SEXUAL RELATIONSHIPS • Consent • Fertility • Pregnancy • Honour-based violence and forced marriage RELIGIOUS EDUCATION • The environment

I AM TENACIOUS	I AM AMBITIOUS	I EXPLORE CURIOSITIES	I AM AMBITIOUS	I TAKE RESPONSIBILITY	I AM MOTIVATED	SKILLS FOR SIXTH FORM
• Online blackmail and staying safe online • Racism • Neurodiversity • Gender equality • Alcohol • Cannabis	• Personal statements • Apprenticeship applications • CVs, application forms and letters • UCAS and EPQ support	• Personal finance • Personal safety • Road safety	• Leadership • Physical and mental health • Nutrition, exercise and sleep • Stress management	• Healthy relationships • Breakups • Harassment and inappropriate behaviour • Sexual relationships • Contraception • STIs • Pornography • Sex in healthy relationships	• Employability skills • Skills audit • Networking • Personal presentation • Researching destinations • Work experience	• Study skills • Personal organisation and time management • Resilience • Reading and notetaking • Target setting • Revision strategies

I AM MOTIVATED	I TAKE RESPONSIBILITY
• Support with applications • Revision skills and strategies • Goals and motivation	• Healthy relationships • Different kinds of partnership • Your rights in these partnerships

