

PSHE - Topics and Learning Intentions

Year 7

Unit	Lesson and Learning Intentions
Mental Well-being	<i>Attitudes to Mental Health</i> • Explain the links between mental health and physical health • Identify common misconceptions about mental health • Recognise and challenge prejudice and discriminatory language and behaviour, in relation to mental health <i>Promoting Emotional Well-being</i> • Explain the factors that affect emotional wellbeing • Identify ways to promote emotional wellbeing and build resilience • Reframe and learn from disappointments and setbacks • Understand how community participation, volunteering, and acts of kindness can support emotional wellbeing and strengthen connections with others. <i>Bereavement and Loss</i> • Describe how change, including loss and bereavement, can affect people in different ways • Explain what grief is and how different people might grieve • Identify strategies to help manage change, loss, or bereavement and support others who are grieving • Explain why, when and how to access support for ourselves or others
Physical Well-being	<i>Antibiotics</i> • To understand how antibiotics were discovered • To understand what antibiotics are and how they work • To understand what antibiotic resistance is <i>Dental Health</i> • Develop knowledge and understanding of dental health • Learn how to brush teeth properly • Identify barriers and solutions to improving dental health and make a plan for tooth brushing <i>Diet and Exercise</i> • Identify different influences on decisions regarding diet and exercise • Explain why some influences might be stronger than others • Describe which influences are more or less reliable <i>Sleep</i>

	• Explain the impact of sleep on health and wellbeing • Describe healthy sleep patterns and identify factors which can reduce sleep quality • Describe a range of strategies for ensuring appropriate sleep patterns <i>Smoking and Alcohol</i> • Describe the short-term and long-term effects of smoking and alcohol on physical and mental health • Identify different types of pressure that may influence young people to try smoking or alcohol, including peer influence and media influence • Explain strategies to resist peer pressure and refuse unwanted offers in a range of situations • Recognise that most young people their age do not smoke or drink alcohol and understand how to make independent, healthy choices
Relationships 1	<i>Changing and ending friendships</i> • Recognise that disagreements in family and friend relationships are common, but that effective communication can improve relationships • To learn how to manage changing friendships, including the benefits and challenges of making new friends. <i>Healthy friendships and relationships</i> • Identify the key features of healthy friendships and relationships, including trust, respect and communication • Identify healthy and unhealthy relationship behaviours • Explain appropriate online relationship behaviours <i>Online relationships</i> • Identify how communicating with friends, or others, online differs from face-to-face friendships and relationships. • Describe ways to keep friendships safe, positive, and healthy when communicating online. • Understand that online profiles may be fake or misleading (including catfishing and exaggerated identities) and explain strategies to recognise and respond safely to suspicious or untrustworthy online behaviour. • Explain risks associated with meeting people online. • Identify steps to take if an online relationship feels unhealthy, unsafe, or negative. <i>Values and expectations of friendships</i> • Explain that everyone has rights and that these are respected in healthy relationships. • Describe how people's values can vary, and explain how this can influence how they understand trust, their relationship expectations, and personal boundaries.

	Describe or demonstrate how someone can communicate about their rights, and identify who can support them.
Relationships 2	<i>Puberty and Menstrual Wellbeing</i> - Describe the physical and emotional changes that occur during puberty - Identify ways of managing the changes that occur during puberty - Evaluate how relationships can be affected during puberty - Explain where to seek advice and support about the changes that occur during puberty - Describe and evaluate a range of menstrual products - understand about managing menstrual wellbeing - Challenge assumptions and stereotypes about menstruation <i>Consent</i> - Explain what consent means, both legally and ethically, and why it is so important - Describe how to recognise when a person is consenting and when they are not - Explain how consent is sought, given and not given in a healthy relationship - Describe or demonstrate what to say and do to seek the consent of another person
Wider World 1	<i>Road Safety</i> - Describe the responsibilities of being a pedestrian, passenger or driver - Identify different types of behaviour that could increase the chances of having an accident on the road - Assess the impact of taking risks and explain the different strategies that can be used to manage risks <i>Run, Tell, Hide</i> - Understand how and why to follow the 'RUN HIDE TELL' safety procedure in the event of a knife or gun attack - Understand the safe and responsible use of mobile phones during a knife or gun attack - Understand what to do if we see suspicious behaviour or suspicious items <i>County Lines</i> - To understand what county lines is and some of the terminology used - To understand where you can go for help if you feel threatened by County Lines gangs - To understand how county line gangs operate and the dangers of getting involved

	<i>Gangs</i> • To understand the reasons why some people might get involved in serious and organised crime • To describe the far-reaching consequences of getting involved in serious and organised crime • To explain the factors and strategies that can help people avoid, or get out of, serious and organised crime • To describe positive ways in which young people can make the most of their skills and abilities <i>Knife Crime</i> • To understand the causes behind the rise in knife crime in the UK • To explore how to prevent young people from picking up and carrying a knife • To evaluate the real risks to those that carry knives and their families and friends
Wider World 2	<i>Exploring cyber crime</i> • Describe what cybercrime is using key terms • Evaluate the reasons why someone may become involved in cybercrime • Describe or demonstrate decision making and risk assessment skills in relation to cybercrime • Explain the consequences of cybercrime, for the perpetrator and the target <i>Online scams</i> • Identify signs of online scams and the measures needed to stay secure online • Explain a range of sources of support and reporting channels, when reporting account or device compromise • Know where to find advice about how to effectively respond to account or device compromise <i>Managing personal devices</i> • Understand what a safe and secure password looks like and highlight why they are important to keep cyber secure • Explain the different ways to keep accounts and devices safe, and demonstrate the skills needed to do so • Identify how to recover an account and device <i>Unifrog</i> • Understand what Unifrog is and how to use it • Complete the interest, skills and personality quizzes • Understand how to use the 'Careers Library' tool

Year 8

Unit	Lesson and Learning Intentions
Mental Well-being	<i>Digital resilience</i> • Explain the positive and negative impact of social media on emotional wellbeing • Analyse the reasons people post and look at online images and the impact this can have on self-esteem and body image • Understand how conflicts can escalate on social media, identify strategies to prevent escalation, and explain where to seek help and support if online disagreements become harmful or unsafe. • Describe strategies to promote emotional wellbeing online <i>Self esteem</i> • Describe self esteem and how it impacts someone life • Explore ways to boost self esteem • Evaluate the impact negative self talk can have on self esteem <i>Anger</i> • Understand the science behind why someone gets angry • Explore how our thoughts and feelings can impact what we do and say • Understand how to deal with and manager anger
Physical Well-being	<i>Caffeine</i> • Describe the effects of caffeine consumption • Explain the risks associated with caffeine consumption • Evaluate strategies to reduce caffeine consumption <i>Tobacco and smoking</i> • Identify a range of risks related to tobacco and e-cigarette use • Analyse a range of potential influences on young people to smoke • Demonstrate strategies for managing peer influence in situations involving tobacco and e-cigarettes/vapes <i>Alcohol</i> • Explain that most young people their age do not use alcohol and analyse the reasons why young people's alcohol use is declining • Describe the effects of alcohol misuse • Describe strategies to manage influences on alcohol use • Identify sources of support for alcohol misuse <i>Attitudes towards drugs</i> • Describe the names, appearance and effects of a range of illegal drugs • Analyse their attitudes and beliefs about the prevalence of drug use amongst young people

	- Assess the reasons why young people might choose to use or not use drugs <i>Law and risk</i> - Explain the legal terms 'possession', 'supply' and 'intent to supply' in relation to drugs - Explain the short- and long-term legal consequences of being found in possession of, using, selling or supplying different classes of drugs <i>Managing influences</i> - Explain the different types of influence and pressure young people may experience - Explain what support is available to people who are concerned about substance use and how to access it for themselves or others
Relationships 1	<i>Respect, identity and protected characteristics</i> - Explain the difference between sexual orientation and biological sex (including gender reassignment as a protected characteristic) - Describe ways to support someone who discloses information about their sexual orientation or protected characteristics, including respect, inclusion and signposting support - Define what is meant by allyship in the context of respect and inclusion - Explore why respectful allyship is important for protected characteristics - Identify ways to support peers and challenge discrimination safely and appropriately <i>Hurtful behaviours</i> - Explain what respectful behaviour is and the right everyone has, to be treated with respect - Identify the specific nature of unacceptable sexualised behaviour - Explain strategies to respond to, or challenge, hurtful behaviours - Identify how to report worries and where to get support. <i>Protected characteristics</i> - Explain how the law protects people from discrimination, including what is meant by the term 'protected characteristics' - Suggest ways to safely challenge and seek help in relation to discrimination <i>Power of words</i> - Reflect on the words we use - Understand the impact words can have on others
Relationship	<i>Bullying</i>

s 2	• Identify bullying in all its forms and the potential impact on those involved • Describe skills and strategies to prevent bullying • Explain how and where to communicate concerns about friendships and bullying, including online <i>Visual differences</i> • Learn about visible differences and the effects that stereotypes in films and on TV, which are often negative, can have on people who look different. <i>Prejudice and discrimination</i> • Describe a range of cognitive biases (including implicit bias) and how these can affect decisions and behaviours • Evaluate strategies to help people address biases and make fairer decisions • Explain what a stereotype is and how beliefs might affect someone's well being or sense of belonging • Recognise and suggest ways to safely challenge stereotypes across a range of contexts <i>Abuse</i> • Identify unhealthy and abusive behaviours and explain why these are wrong. • Explain how people who experience abuse may be affected. • Describe how people of any gender who perpetrate or experience harmful behaviour can access support
Wider World 1	<i>Anti-fraud</i> • Identify what fraud is and describe different types of fraud • Describe common 'scams' and how to recognise them • Identify the vulnerability factors that increase the risk of becoming a victim of fraud and describe ways that someone can reduce these risks • Explain the consequences of fraud for the victim and the perpetrator <i>Digital footprint and data protection</i> • Understand what your digital footprint is • Understand what is safe to share publicly online • Explain the risks of oversharing personal information on social media • Understand that websites collect, share, and may sell user data to create advertising profiles, and explain how this can influence the content and adverts people see online. • Identify a variety of ways to keep online data secure <i>Piracy - downloads</i> • Learn about piracy and its consequences. • Identify what copyright and piracy are.

	• Explain how online piracy affects the film and TV industry • Evaluate the personal risks involved in accessing film and TV content illegally. <i>Unifrog</i> • Learn how to record activities and search for subjects on Unifrog
British Values and Citizenship	<i>Introducing British Values</i> • Name the 5 British Values • Understand the importance of promoting British Values in school • Understand the importance of British Values <i>Politics</i> • Understand the different types of elections in the UK • Understand the role of citizens, parliament and the monarch in the UK • Understand the importance of politics in our lives <i>Democracy</i> • Understand what a democracy is • Understand the importance of a democracy • Understand the precious liberties enjoyed by the citizens of the United Kingdom <i>Law</i> • Understand why we need laws • Understand how laws are created in the UK • Understand the role of the police and courts in maintaining the law <i>How citizens improve communities</i> • Understand the ways in which citizens work together to improve their communities • Understand the roles played by public institutions and voluntary groups in society <i>Mutual respect and tolerance</i> • Understand what mutual respect and tolerance are • Understand the importance of mutual respect and tolerance • Identify how we can show mutual respect and tolerance in school

Year 9

Unit	Lesson and Learning Intentions
Mental Well-being	<i>Unhealthy coping strategies</i> • Explain why self-harm and eating disorders are unhealthy coping strategies • Recognise misconceptions about unhealthy coping strategies • Recognise warning signs of emotional difficulties; identify suitable sources of support, and explain why, when and how to seek help for themselves or others <i>Healthy coping strategies</i> • Recognise circumstances leading to intense emotions that may be difficult to manage • Explain a range of positive strategies for managing difficult emotions • Assess whom, how and why to ask for support when it's needed <i>Mental health and exercise</i> • Identify the link between physical and mental wellbeing • Describe strategies for improving physical and mental wellbeing • Explain ways to help those who need support with their physical and/or mental wellbeing <i>Reframing negative thoughts</i> • Describe different negative thinking patterns and consider their potential impact on wellbeing • Reframe negative thinking and identify ways to learn from setbacks <i>Stress management</i> • Identify signs of exam stress in themselves and spot the signs of it in others • Know who to ask for advice and where to look for guidance on exam stress • Select and use strategies to help manage exam stress, including revision techniques.
Physical Well-being	<i>Sexual Health</i> • List some of the most common STIs, their symptoms and consequences • Name the contraceptive methods which provide some protection against STI infection and describe where to get contraceptives • Identify what PrEP and PEP are and explain how they help reduce the risk of HIV transmission as part of sexual health protection strategies • Explain how to access reliable sources of help to support sexual

	health or relating to unplanned pregnancy <i>Contraception</i> • Name the main types of contraception and how they prevent conception and/or protect against STIs • Describe when, where and how to access contraception, and how to seek help in the event of contraception failure • Explain how to negotiate condom use within a relationship <i>Readiness for intimate relationships</i> • Explain the difference between welcome and unwelcome interest • Describe respectful behaviour in both everyday and romantic contexts and describe ways to challenge inappropriate behaviour • Explain how someone might assess their readiness for intimacy • Explain when and how to access support if encountering inappropriate behaviours
Relationships 1	<i>Committed relationships</i> • Describe the different relationships that someone can have over their lifetime and the benefits of these • Analyse factors that can cause a relationship to change • Explain how someone can be affected by changes to relationships, including familial relationships, and how they can seek support for navigating these changes • Identify different family types and describe the roles individuals might have within families • Explain how the roles and responsibilities of family members might differ between families • Evaluate how people make decisions related to long-term relationships and parenting <i>Managing relationships and the impact of behaviour</i> • Analyse how different behaviours and choices affect the quality and effectiveness of relationships • Explain that everyone has rights and how someone can respond if these rights aren't respected. • Describe or demonstrate how people can communicate their values and negotiate effectively in a relationship. • Recognise when relationship behaviours become concerning and describe strategies to respond to concerns, including accessing support. <i>Harmful sexual behaviours</i> • Explain what sexual harassment and harmful sexual behaviours are and how they may affect someone • Describe strategies to challenge sexual harassment and harmful sexual behaviour • Describe how to access sources of support in relation to sexual

	harassment and harmful sexual behaviours, and how barriers or concerns about seeking help can be managed
Relationships 2	<i>Online relationships</i> • Explain how activities online might be subject to cyber threats • Explain the dangers of oversharing personal information online • Understand how to stay safe while navigating relationships online <i>Cyberbullying</i> • Describe the meaning of bullying and cyberbullying and the impact it can have on an individual • Explore challenging scenarios and their appropriate responses • Understand that obsessive, repeated, or unwanted behaviour (including online) can be a form of stalking or harassment, and explain how to recognise and respond to it safely, including where to seek support. • Explain where to seek support and advice on bullying/cyberbullying <i>Stereotypes and the media</i> • Explain what gender stereotypes are and why these can be unfair, misleading or limiting. • Describe how people and relationships can be affected by media influence and gendered stereotypes. • Identify strategies to manage pressure and influences from sexualised media, including social media. <i>Sharing images</i> • Explain issues relating to the sharing of sexual images • Explain what sextortion is and how to respond if images are shared online
Wider World 1	<i>Bank accounts</i> • Consider the advantages and disadvantages of borrowing to fund a purchase • Compare bank account features and understood how they could suit different individuals • Learn key terminology and interpret a bank statement by answering questions <i>Budgeting</i> • To understand the difference between income and expenditure • To complete a sample budget and considered the results • To reflect on your own spending patterns and influences <i>Financial dilemmas</i> • Highlight some of the influencers on our attitudes to money and how we form good and bad habits

	• Recognise common financial mistakes and threats, and understand how to improve financial health <i>Credit and debit cards</i> • Describe the difference between a debit and credit card • Compare credit card payment options
Wider World 2	<i>Careers</i> • Assess how personal values and interests can influence someone's career choices • Identify that people can have different jobs working within the same field or industry • Explain how someone's skills and interests can lead to different career pathways <i>Employability skills</i> • Explain how strengths, skills and attributes can be identified and developed • Describe how different strengths, skills and attributes can be valuable in employment and enterprise • Explain how teams benefit from diversity and having people with a range of strengths <i>Showcase strengths online</i> • Identify risks and benefits to sharing material online that an employer, client or organisation may be able to see • Describe strategies to showcase personal strengths online • Explain how to create a positive first impression with potential clients or employers through social media <i>AI, Deepfakes and Digital Trust</i> • Describe what artificial intelligence (AI) is and identify examples of how it is used in online content and communication. • Explain what deepfakes and AI-generated content are, including images, video and audio, and how they can be used to mislead or deceive people. • Identify the risks of AI-generated content, including misinformation, impersonation, scams, and the creation of fake or manipulated sexualised images. • Describe strategies to critically evaluate online content, including how to check whether information, images or videos are genuine and trustworthy. <i>Post-16 pathways</i> • Understand what options are available after Year 11 • Understand what I require to get onto these courses

Year 10

Unit	Lesson and Learning Intentions
Physical well-being	<i>Vaping</i> • Assess the potential impact of influences and marketing on young people's behaviour related to vaping • Explain the consequences of vaping, including the environmental cost • Analyse ways to challenge influences and misconceptions about vaping • Understand that while vaping is harmful and not recommended for young people, it may be used as a smoking cessation tool for some adult smokers under medical or public health guidance <i>Sleep and NHS services</i> • Define sleep and explain what sleep hygiene is. • Explain ways to boost sleep hygiene and mental health • Explain the different NHS services and when to contact the correct one • Identify key NHS services (GP, A&E, minor injuries units, pharmacies and sexual health clinics) and explain when it is appropriate to use each service to get medical support. • Understand that under-16s can give consent to medical treatment if they are deemed Gillick competent, and explain how healthcare professionals assess a young person's capacity to make informed decisions. <i>First aid</i> • Identify the difference between cardiac arrest and heart attack. • Explain or demonstrate how to respond if they see an unconscious person, including how to make an emergency call and get help. • Explain or demonstrate how to use a defibrillator. • Describe or demonstrate how to work as a team and perform CPR safely. <i>Drugs and alcohol</i> • Analyse how alcohol and other drugs affect decision-making • Assess the risks of substance use when travelling or socialising • Explain ways to keep safe and support friends when socialising in situations involving alcohol or other drugs • Explain how different internal and external influences can affect decision making • Explain the physical and psychological consequences of problem alcohol use, including alcohol dependency, and explain how addiction can develop and where support can be accessed. • Explain the risks associated with synthetic drugs, contaminated substances (including vapes), and counterfeit medicines, and explain how to recognise and respond to unsafe or unregulated

	products. • Describe strategies for managing peer influence in increasingly independent contexts • Evaluate ways to be a positive influence on peers in relation to substance use <i>Blood and organ donation</i> • To be aware of blood donation, and other forms of donation, including stem cell donation • To understand the law regarding organ donation • To understand the medical ethics of gene technology and stem cell research <i>Self examination and body awareness</i> • Understand how to carry out a self examination • Understand the risk factors and also factors that can reduce the chances of cancer • Understand the importance of self examination • Understand the role of pelvic floor health in reproductive, urinary and sexual wellbeing and how it can be maintained through healthy habits and exercise
Mental Well-being	<i>Exploring mental health</i> • Describe what mental health and a mental illness is • Explore different types of mental illnesses • Understand what you can do to help someone with their mental health <i>Promoting emotional well-being</i> • Differentiate between healthy and unhealthy coping strategies and recognise the importance of using healthy ways to manage emotions • Evaluate a range of ways to promote mental and emotional wellbeing • Critique the reliability of sources of support in relation to mental health <i>Stress management</i> • Understand the short and long term impacts stress can have on our bodies and our life • Understand the science behind fight, flight or freeze response to stress <i>Emotional well-being and the media</i> • Describe how film and online content can influence perceptions, attitudes and emotions • Identify strategies to manage concerns and emotions in relation to film and online content • Describe the effects that media content can have on wellbeing • Explain how representations of mental health in the media can affect people's perceptions

	<i>Grief and loss</i> • Describe how change, including loss and bereavement, can affect people in different ways • Explain what grief is and how different people might grieve • Identify strategies to help manage change, loss, or bereavement, and support others who are grieving • Explain why, when and how to access support for ourselves or others
Wider World	<i>LMI</i> • Understand what Labour Market Information is • How to search for LMI and identify jobs that are available • Understand how to analyse LMI to get an overview of the jobs market <i>Keeping data safe</i> • Understand the importance of keeping personal online data safe • Understand what online fraud is and I am aware of different types of online scams and tricks including Ransomware, phishing, vishing • Understand why the dark web can be so dangerous <i>Influencers, Masculinity and Online Relationships</i> • Identify how online influencers and communities can shape attitudes towards relationships, gender roles and masculinity • Describe examples of harmful online narratives, including misogynistic and incel-related content, and explain why they can be damaging • Explain how online content can distort ideas about relationships, consent and respect • Evaluate strategies to critically assess and respond to harmful or misleading online relationship content <i>Targeted advertising</i> • Explain how geotargeted, contextual and retargeted advertisements work • Explain the role of the Advertisement Standards Agency • Know when I am being subjected to targeted advertisements online <i>Critical thinking and fake news</i> • Understand what fake news is • Understand how to spot fake news • Understand the damaging consequences of fake news • Understand why critical thinking is important <i>Gambling</i> • Understand different types of gambling

	• How to determine high/low risk • Understand the risks associated with gambling • Understand how gambling-like features in video games can encourage spending and risky behaviour, and explain how to recognise and manage these influences. <i>Extremism and radicalisation</i> • Distinguish violent extremism from legitimate behaviours in a democracy • Explain the impact of extremist behaviours on individuals and communities • Analyse strategies to reduce the influence of radicalised and extremist views among peers and within a community • Identify and explain techniques used to engage someone with an extremist group • Explain ways to respond to radicalisation tactics • Describe how to seek help and support in relation to radicalisation and extremism <i>Personal branding</i> • Understand what personal branding is • List my key core values that define me • Understand how to build my personal brand and the importance of this <i>Employment rights</i> • Know a range of employment rights and responsibilities • Know the minimum amounts per hour employees must be paid • Understand rights and responsibilities as students in casual, part-time jobs including the 'gig economy'. • Understand procedures to report bullying and harassment in the workplace <i>County Lines</i> • Know what county lines is and some of the terminology used • Understand where I can go for help if I feel threatened by County Lines gangs • Understand how county line gangs operate and the dangers of getting involved • Understand how financial exploitation can be used as a form of coercion in criminal exploitation (including county lines), and explain how to recognise risks and access support.
Relationships	<i>Marriage and long-term relationships</i> • Describe the options available to people who wish to make a long term commitment • Explain how a long term relationship can become legally binding, including that marriage under 18 is illegal in the UK • Identify that "common-law marriage" is a legal myth in the UK, and explain that cohabiting couples do not automatically have

the same legal rights as married couples

- Compare the legal rights associated with marriage, civil partnership and cohabitation, and explain the limitations of cohabitation in UK law
- Recognise the unacceptability of forced marriage and identify support for someone who may be at risk
- Describe the legal rights of people in different forms of long-term commitments
- Explain why people might choose to marry and why marriage must be freely entered into
- Describe the benefits of being in a committed, stable, positive relationship
- Identify the rights, roles and responsibilities of parents with respect to raising children - Explain the importance of early brain development in infancy and evaluate how parenting choices and early care can influence long-term outcomes for children
- Describe how early brain development in infancy is shaped by care, stimulation and environment, and explain why early years are important for long-term development

Equality Act

- Understand what characteristics are protected under the Equality Act 2010
- Understand what the 4 different types of discrimination are according to the Equality Act 2010
- Evaluate whether the UK is doing enough to ensure equal opportunities for everyone

Forming and maintaining relationships

- Evaluate the effectiveness of different types of relationships and apply understanding to real-life relationship scenarios
- Evaluate whether a relationship is healthy or unhealthy and identify strategies to build a healthy lasting relationship
- Identify the range of emotions associated with breakups and describe ways to manage a breakup safely and appropriately

Consent

- Explain what consent is and whose responsibility it is to ensure consent is freely given
- Describe how to recognise when a person is consenting and when they are not
- Describe or demonstrate what to say and do to seek the consent of another person
- Explain what the law says about consent
- Recognise contexts where someone's freedom or capacity to consent have been reduced or removed, and why this means consent has no longer been given
- Identify that strangulation and suffocation are serious criminal offences, and explain the legal and physical risks associated with non-consensual physical restriction
- Recognise when behaviours cross the line from consensual

- interaction to abuse, and identify sources of support and help
- Explain where, why and how to get advice and support for issues relating to consent

Porn and its impacts

- Evaluate the impact of pornography on people's understanding and expectations of consent.
- Challenge inaccurate and dangerous messages perpetuated by pornography, about sexuality, gender, and consent.
- Explain the law relating to pornography and sharing explicit images.

Sharing images

- Analyse attitudes associated with requesting, sending and passing on nude images
- Describe the legal, social, moral and moral implications of sharing images without someone's consent, including the impact of reporting
- Explain strategies to manage unwanted images, unwanted requests and pressure to send images
- Challenge the views of others and perceived social norms relating to sending and receiving nude images.
- Understand that AI-generated sexual images of under-18s are illegal, even if no real person was photographed, and explain the legal and safeguarding consequences of creating, sharing, or possessing such content.
- Understand the protections and rights young people have in relation to sexual image sharing; ways to reduce harm, how to seek support and report concerns

Pregnancy options and fertility

- Explain how fertility changes over a person's lifetime and some of the factors affecting this
- Understand that miscarriage and pregnancy loss are common experiences in pregnancy and identify how individuals may be affected emotionally and physically, including where to access support.
- Explain how to maintain a healthy pregnancy
- Describe different routes to parenthood
- Describe the different options available to someone who is pregnant

Abusive relationships

- Recognise the rights everyone is entitled to in different relationships, including family, intimate relationships and online
- Explain when, why and how to report abuse and access appropriate support
- Understand what economic abuse and financial control look like in relationships and explain how these behaviours form part of coercive and abusive patterns, including where to access support.

	- Analyse challenges to seeking support and evaluate support available to overcome barriers <i>Forced marriage and FGM</i> - Explain what is meant by forced marriage and how it differs from arranged marriage - Identify the consequences of forced marriage - Analyse how to safely access support for themselves or others who may be at risk, or have already been subject to a forced marriage - Explain what is meant by FGM and clarify facts about FGM - Analyse how to safely access support for themselves or others who may be at risk, or have already been subject to FGM - Identify what is meant by virginity testing and hymenoplasty, and explain why these practices are harmful, unethical, and in many contexts illegal - Understand how these practices can be linked to coercion and abuse, and describe where to access support and safeguarding help if someone is at risk
Citizenship	<i>Parliament and elections</i> - Understand the impact politics has on everyday life - Evaluate why it's better to live in a democracy rather than a dictatorship - Describe the makeup of parliament and the main roles it performs - Understand the role of a local MP - Understand the various different voting systems used in the UK - Identify the different forms of Government that exist around the world - Understand the different aims of the Commonwealth <i>Voting</i> - Explore the recent changes to voting rights for 16-year-olds. - Discuss and reflect on how young people can make informed voting decisions. - Evaluate different perspectives on whether 16-year-olds should vote. <i>Human rights and laws</i> - Define what Human Rights are and identify a number of human rights - Understand the two categories of Human Rights - Understand why laws are needed in society - Understand the process of how a bill passes through Parliament <i>Finance</i> - Understand how the government raises and spends money - Know what universal credit is and other state benefits available in the UK

	• Understand the benefits and risks of borrowing money. • Work out the cost of different personal loans based on fixed rates on interest • Understand the difference between insurance and assurance • Explore a variety of types of insurance and understand the process of taking out insurance
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Year 12

Unit	Lesson and Learning Intentions
Mental Well-being	<i>Sexualisation and the media</i> • Understand the impact sexualisation of the media is having on teenagers • Identify the links between body image and the media's influence on it • Evaluate the impact advertisements are having on our self esteem <i>Thriving in post-16 education</i> • Describe potential challenges when transitioning to post-16 study • Assess strategies needed to manage these challenges • Apply strategies to support success at this level <i>Stress management</i> • Understand the short and long term impacts stress can have on our bodies and our life • Understand the science behind fight, flight or freeze response to stress <i>Eating disorders</i> • Understand the complexity of eating disorders and their possible causes • Understand what help is available for prevention and treatment of eating disorders <i>Supporting someone with depression</i> • Define the terms depression and anxiety • Explore how depression might make someone feel and act • Explore what support networks and treatments are available for depression

Physical Well-being	<i>Drugs and alcohol</i> • Assess how internal and external influences can affect decision making • Analyse the impact of substance use, including on reputation, career, and relationships • Explain how to seek help for issues with substance use • Understand what a spiked drink looks like and how to support a friend if this happens • Explain laws about alcohol and other drugs, in the UK and abroad <i>Cancer self-checks</i> • Understand how to carry out a self examination • Understand the risk factors and also factors that can reduce the chances of cancer • Understand the importance of self examination <i>Physical health</i> • Explain the importance of exercise in maintaining a healthy lifestyle. • Understand the dangers of exercising too much <i>Vaccinations</i> • Understand how immunity to disease and infection can be acquired • Describe the difference between communicable and non-communicable diseases. • Understand how vaccinations work
Relationships 1	<i>Consent</i> • Explain legal and moral responsibilities in relation to seeking consent • Recognise factors that might affect capacity to consent • Analyse the legal consequences of failing to respect others' right not to give or to withdraw consent • Identify unhealthy relationship behaviours and the risks involved in a range of sexual encounters and situations • Describe or demonstrate how to effectively communicate wants and needs in a variety of contexts • Identify the signs of unwanted, inappropriate or illegal behaviours, including abuse, exploitation, assault and rape • Explain where, why, and how to access support and report concerns <i>County lines</i> • Understand what county lines is • Understand why county lines is an important issue in Hertford • Understand key terms and statistics about county lines

	<i>Carrying a knife</i> • Explain why it is wrong to ever carry a knife • Understand the legal, emotional and physical consequences of carrying a knife • Understand how knife crime impacts families and communities
Relationships 2	<i>Pregnancy options and fertility</i> • Explain how fertility changes over a person's lifetime and some of the factors affecting this • Explain how to maintain a healthy pregnancy • Describe different routes to parenthood • Describe the different options available to someone who is pregnant <i>Pornography</i> • Understand the differences and similarities between sex in real relationships and that which is featured in pornography • Understand how common access to pornographic material can affect attitudes and beliefs towards sex, relationships and self-esteem <i>Dealing with anger</i> • Describe healthy and unhealthy expressions of anger • Identify a range of techniques to manage conflict and anger <i>STIs</i> • Understand the way STI's spread and the groups at higher risk • Aware of the process of a sexual health consultation at a clinic. • Understand the differences between viral STI's and bacterial STI's • Describe how PrEP and PEP are used in HIV prevention, and evaluate their role alongside other sexual health strategies and services in reducing STI risk and supporting sexual health decisions
Wider World 1	<i>Bank accounts</i> • Understand the different types of bank account • Understand the range of banking services including mobile banking services • Evaluate which account would be most suitable for different situations • Understand how joint bank accounts work <i>Borrowing money and the risks</i> • Understand the benefits and risks of borrowing money. • Work out the cost of different personal loans based on fixed rates on interest • Understand the advantages and disadvantages of different ways of borrowing money

	<i>Budgeting</i> • Understand the importance of budgeting • Understand how to work out income and expenditure and plan accordingly • Understand the importance of budgeting as a student <i>Labour Market Information</i> • Know where to search for labour market information • Identify jobs that are the easiest or hardest to find in your area • Analyse labour market information to give an overview of the jobs market • Interpret labour market information in order to offer careers advice <i>Income and Payslips</i> • Explain what salary deductions are, including when and why they might be made • Understand what a payslip looks like and what deductions are taken from your pay
Wider World 2	<i>Global marketplace</i> • Understand what the global job market is • Understand how global trends influence UK education and employment opportunities • Understand how I can future-proof my skills and choices <i>Workplace confidentiality and security</i> • Understand what workplace confidentiality is and why it is important. • Understand how data protection laws like GDPR affect employees in all types of jobs. • Understand what cyber-security means and how it protects both individuals and companies. • Recognise common workplace situations that could lead to data breaches. • Know some practical actions I can take to keep information secure in the workplace. <i>Bullying and harassment in the workplace</i> • Understand what bullying and harassment look like at work • Understand the different forms bullying and harassment can take • Understand how to seek help or support someone experiencing it <i>Post-18 options</i> • Be aware of a range of options available after Year 13 • Be able to explore and know where to research the best progression pathway

	<i>Road safety</i> • Describe what it means to be a responsible driver • Identify why young people might decide to drive uninsured and assess the risks and consequences of doing so • Explain how young people can drive responsibly and reduce the cost of motor insurance • Identify what fraud, scams and ghost broking are in relation to car insurance • Describe how to recognise potential car insurance scams and evaluate how to reduce the risk of engaging with these
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Year 13

Unit	Lesson and Learning Intentions
Mental Well-being	<i>Science of learning</i> • Explain how the brain changes with practice • Evaluate evidence-based revision strategies <i>Promoting emotional well-being</i> • Explain what wellbeing looks like • Explain the meaning of mental health • Evaluate strategies to improve wellbeing <i>Technology and sleep</i> • Explore the impact of social media and technology on sleep <i>Anxiety</i> • Explore how anxiety might make someone feel and act • Explore how to manage fears and anxiety <i>Gambling</i> • Understand different types of gambling • Understand the risks associated with gambling
Physical Well-being	<i>Body modification</i> • Identify the laws and regulations relating to cosmetic procedures and sunbed use. • Evaluate the risks associated with the use of sunbeds and cosmetic procedures. • Describe the laws and regulations associated with tattoos and piercings • Assess the risks associated with tattoos and piercings, and how

	to manage these <i>First aid</i> • Explain or demonstrate how to respond if they see an unconscious person, including how to make an emergency call and get help. • Explain or demonstrate how to use a defibrillator. • Describe or demonstrate how to work as a team and perform CPR safely <i>Registering with NHS and freshers flu</i> • Understand how to register with and access health services in new locations • Recognise illnesses that particularly affect young adults, such as meningitis and 'freshers' flu' <i>Festival safety</i> • Understand the risks associated with parties and festivals and experimenting with drugs • Understand how to stay safe at a festival or a party
Relationships 1	<i>Online blackmail</i> • Explain what online blackmail is • Describe the impact this may have • Identify some controlling and manipulative behaviours online • Explain how to get help, and different people and organisations who can provide support with problems young people face online. <i>Sexual harassment</i> • Define the terms stalking and harassment • Explore the differences between flirting and sexual harassment • Understand the laws surrounding Stalking and Harassment • Understand that stalking and obsessive or repeated unwanted behaviours are serious forms of harassment, and explain their legal consequences, impact on victims, and how to access appropriate support and protection. <i>Looking out for each other</i> • Identify situations where people may feel unsafe when out socialising • Evaluate how to support personal safety for each other • Analyse the effect of attitudes towards personal safety and violence against women and girls <i>Long term relationships</i> • Describe the options available to people who wish to make a long term commitment • Explain how a long term relationship can become legally binding

	• Describe the legal rights of people in different forms of long-term commitments • Explain why people might choose to marry and why marriage must be freely entered into • Describe the benefits of being in a committed, stable, positive relationship • Identify the rights, roles and responsibilities of parents with respect to raising children • Recognise economic abuse as a form of coercive control in adult relationships and explain its impact on independence, wellbeing, and access to support services.
Relationships 2	<i>Importance of sexual health</i> • Increase awareness of the importance of sexual health <i>Contraception</i> • Understand how a variety of different forms of contraception work • Identify which types of contraception would be best used by different types of people • Explore which forms of contraception protect against pregnancy, STI's or both <i>Fertility</i> • Explain how fertility changes over a person's lifetime and some of the factors affecting this • Explain how to maintain a healthy pregnancy • Describe different routes to parenthood • Explain the importance of early brain development in infancy and evaluate how parenting choices and early care can influence long-term outcomes for children • Describe the different options available to someone who is pregnant
Wider World 1	<i>Personal branding</i> • Understand what personal branding is • Able to list my key core values that define me • Understand how to build my personal brand and the importance of this <i>Employment rights</i> • Understand the rights and responsibilities as students in casual, part-time jobs including the 'gig economy' <i>Taxes and the UK</i> • Explain the range of taxes that exist in the UK • Understand what the personal tax allowance is • Know how to calculate income tax

	<i>Safety in adulthood</i> • Identify risks and challenges someone might encounter after leaving home and assess strategies to manage these • Explain how to increase personal safety in a range of contexts • Identify sources of help and support if something goes wrong
Wider World 2	<i>Debt</i> • Know the range of credit options available to adults • Understand the seriousness of debt and how to overcome it • Know the difference between priority debts and non-priority debts <i>Insurance</i> • Know the different types of insurance you can purchase • Understand the importance of insurance • Know how to make informed decisions about whether to take out insurance or not <i>Payslips</i> • Understand how to interpret a payslip • Know how to work out Gross Pay and Net Pay on a payslip • Aware of all the deductions that are likely to come out of my salary when I'm older <i>Trade unions</i> • Understand the role of trade unions • Understand the benefits of joining a trade union <i>Critical thinking and fake news</i> • Understand what fake news is • Understand how to spot fake news • Understand the damaging consequences of fake news • Understand why critical thinking is important