	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	By the end of the year I will be able to…
7	Identity, Belonging & Values	Friendship, Community & Inclusion	Mental & Physical Wellbeing	Puberty, Body Changes & Self Confidence	Rights, Boundaries & Personal Safety	Health, First Aid & Smart Choices	Know who I am and what I stand for Show positive learning behaviours in and around school Build strong friendships and respect differences Look after my mind and body Stand up to sexism and unfairness Make confident, smart choices for my future
	How do my identity, values and understanding of others help me learn well, succeed in school, and contribute to a respectful and inclusive community?	How can we build positive relationships and help others feel safe and included; both in person and online?	How can we make healthy choices every day to support both our minds and bodies?	How can understanding the changes we go through during adolescence help us build self-confidence and support others?	How can understanding our rights, boundaries, and consent help us stay safe and support others in challenging situations?	How can we make smart decisions to protect our health, respond to emergencies, and understand the impact of substances and wider social issues?	
8	Identity, Digital Life & Responsibility	Equality, Diversity & Inclusion	Influence, Risk & Decision making	Careers, Representation & Respect	Healthy Relationships & Consent	Health, Prevention & Wellbeing	Consider how my identity and values evolve Resist peer pressure confidently and develop critical thinking Respect others' boundaries and my own Show professionalism in and out of school Explore careers free from stereotypes and discrimination Care for my mental and physical health independently
	How can I use my identity and values to behave responsibly and respectfully online and offline, think critically about digital information, and make healthy choices about technology use?	How can we create a respectful and inclusive environment in and out of school by understanding and challenging stereotypes, discrimination, and inequality?	How can we make confident, informed decisions about our health and relationships while resisting peer pressure and knowing our rights?	How can we make respectful, informed choices in school and the workplace by understanding discrimination, career options, and the impact of our words and actions?	How can understanding boundaries, consent, and conflict help us build respectful and equal relationships?	How can we take care of our mental and physical health through informed choices, active lifestyles, and life-saving skills?	
9	Identity, Aspirations & Employability	Risk, Influence & Personal Safety	Mental Health & Resilience	Money, Media & Financial Decisions	Relationships, Consent & Media Influence	Sexual Health & Relationships Safety	Understand my identity and goals Make safe, informed decisions about substances Look after my mental health confidently Budget and manage money wisely and avoid financial risks
	How do my identity, values, and understanding of diversity help shape my future goals, professional behaviour,	How can we make smart, confident decisions to stay safe and healthy when facing peer pressure, risky situations, or influences	How can we build emotional resilience and support our mental wellbeing through healthy coping strategies	How can we make smart and safe financial decisions by understanding saving, borrowing, and the risks	How can we build respectful relationships by understanding consent, recognising harmful behaviour, and	How can we make safe and informed decisions about sexual health and relationships by understanding risks,	

	and readiness for the workplace?	around substances and crime?	and compassionate responses to change?	of gambling and advertising?	thinking critically about media influences?	support options, and warning signs?	Build healthy relationships with clear consent Make safe, informed decisions about contraception and STIs
10	Resilience, Wellbeing & Professionalism	Relationships, Consent & Harmful Influences	Personal Safety in a Digital World	Careers, Employability & Reputation	Diversity, Equality & Respect	Extremism, Misogyny & Social Responsibility	Reflect on my identity and goals as a Key Stage 4 student Challenge sexism and media influence critically Keep myself and others safe, including with first aid Show professionalism in careers and online presence Respect diversity and promote inclusion Recognise and report extremist or hateful behaviours
	How can understanding my identity, values, and mental wellbeing help me build resilience, act professionally, and grow personally in an ever changing world?	How can we build respectful relationships by understanding consent, challenging harmful influences, and knowing how to respond to abuse and harassment?	How can we protect ourselves and others by making safe decisions, responding to emergencies, and managing risks both offline and online?	How can we build a successful career by understanding workplace rights, developing employability skills, and managing our professional reputation?	How can we build respectful and inclusive relationships by understanding commitment, celebrating diversity, and challenging harmful gender stereotypes?	How can we challenge harmful attitudes and behaviours like extremism, sexism, and violence by promoting respect, equality, and informed decision-making?	
11	Future Planning, Finance & Employability	Relationships, Family Life & Sexual Health	Health, Reproduction & Exam Success	Study Skills & Revision	Study Skills & Revision		Analyse my developing identity, values and future plans Understand sexual health, family life and healthy relationships Make informed choices for my physical and reproductive health Revise effectively and manage exam stress positively Prepare for life post-16 with professionalism and ambition
	How do my identity, values and understanding responsibility help shape the financially stable adult I want to become both professionally and personally?	How can I build, maintain and end relationships in ways that reflect my values, protect my wellbeing, and support the health and respect of everyone involved?	How can I make informed, respectful and responsible choices about my health, relationships and future family life?				