

	Being me in my world	Celebrating differences	Dreams and goals	Healthy me	Relationships	Changing me
Year seven	<ul style="list-style-type: none"> ○ Feeling welcome and valued ○ Being unique and my identity ○ Classroom rules 	<ul style="list-style-type: none"> ○ First impressions ○ Rumours and name calling ○ Accepting self and others 	<ul style="list-style-type: none"> ○ New challenges ○ Jobs 	<ul style="list-style-type: none"> ○ Nutrition ○ Sleep ○ Stranger danger ○ LIFE SKILLS – My house and getting ready 	<ul style="list-style-type: none"> ○ Identifying my relationships ○ Getting on and falling out ○ Consent ○ Boyfriends/ girlfriends 	<ul style="list-style-type: none"> ○ Self-image and body-image ○ Puberty and feelings ○ Coping with change
Year eight	<ul style="list-style-type: none"> ○ Recognising and describing emotions ○ How have I changed? ○ Children's universal rights 	<ul style="list-style-type: none"> ○ Making a positive contribution in school ○ Racism ○ Recognising similarities and differences 	<ul style="list-style-type: none"> ○ Visiting local businesses ○ Simple budgeting 	<ul style="list-style-type: none"> ○ Who to go to for help and when I am feeling sad ○ Dental health ○ Exploitation ○ LIFE SKILLS – Cleaning 	<ul style="list-style-type: none"> ○ Comparing different relationships ○ Being aware of how my choices affect others ○ Who to trust ○ Personal space 	<ul style="list-style-type: none"> ○ Healthy body and staying safe – FGM and breast ironing ○ Keeping clean ○ Puberty and body development
Year nine	<ul style="list-style-type: none"> ○ Managing feelings ○ Personal strengths and weakness ○ Active listening 	<ul style="list-style-type: none"> ○ Making a positive contribution in the community ○ Discrimination ○ Stereotypes 	<ul style="list-style-type: none"> ○ The importance of money ○ Dream jobs 	<ul style="list-style-type: none"> ○ Taking responsibility for my health ○ Smoking ○ Emergency first aid ○ LIFE SKILLS – Phone calls and my home 	<ul style="list-style-type: none"> ○ Values and qualities in healthy relationships ○ Peer pressure ○ Jealousy ○ Appropriate touch 	<ul style="list-style-type: none"> ○ Pregnancy ○ Boyfriends and girlfriends ○ Menstruation (girls) ○ Changes in adolescence
Year ten	<ul style="list-style-type: none"> ○ Well-being ○ Personal beliefs ○ Developing communication skills 	<ul style="list-style-type: none"> ○ Being inclusive ○ Perceptions of others ○ Cultural and gender diversity 	<ul style="list-style-type: none"> ○ Career choices ○ Travel within the community – going places ○ Developing skills for the work 	<ul style="list-style-type: none"> ○ Role of medicine and vaccines ○ Drugs and alcohol 	<ul style="list-style-type: none"> ○ Forming and maintain respectful relationships 	<ul style="list-style-type: none"> ○ Conception and childbirth ○ Healthy intimate relationships

			place – health and safety	<ul style="list-style-type: none"> ○ Developing independent living – preparing drinks and snacks ○ Developing independent living – looking after yourself ○ Developing independent living – being healthy ○ Developing independent living – keeping safe 	<ul style="list-style-type: none"> ○ Social media and online safety ○ Secrets ○ Physical attraction 	<ul style="list-style-type: none"> ○ Different types of parenting and families
Year eleven	<ul style="list-style-type: none"> ○ Entering the adult world ○ My changing emotions ○ Developing communication skills 	<ul style="list-style-type: none"> ○ Exclusion and inclusion ○ Positive and negative language ○ Equality 	<ul style="list-style-type: none"> ○ Employability skills ○ Travel within the community – going places ○ Developing skills for the work place – health and safety 	<ul style="list-style-type: none"> ○ Managing stress ○ How substances effect my body ○ Developing independent living – preparing drinks and snacks ○ Developing independent living – looking after yourself ○ Developing independent living – bring healthy ○ Developing independent 	<ul style="list-style-type: none"> ○ Intimate and romantic relationships ○ Marriage ○ Negative behaviours in relationships ○ Dangers associated with being online including pornography where appropriate (bad images on the internet) 	<ul style="list-style-type: none"> ○ Contraception ○ Self – reflection ○ Managing my relationships

				living – keeping safe		
Things covered outside of the curriculum	<ul style="list-style-type: none"> ○ Toileting ○ Transitioning around school ○ Seeking help ○ Washing hands ○ Rewards and feeling proud ○ Empathy ○ Working with others ○ Road safety (community visits) ○ Requesting things I like ○ Being gentle ○ Good sitting ○ Good listening ○ Class learning charters ○ Having kind hands and feet ○ Sharing ○ Taking turns ○ Developing self-help and independence skills ○ Exercising and physical activity (PE curriculum) ○ Consequences ○ Perseverance ○ Challenges ○ Pines parliament ○ Feeling of success ○ Consent ○ Coping with change ○ Resilience ○ Problem solving ○ Recognising achievements ○ Empathy ○ Online safety (ICT curriculum) ○ Faiths and beliefs (RE curriculum) ○ Wellbeing ○ Goal setting ○ Mental health ○ Rights and responsibilities ○ Dreams and goals 					

	o Friendships
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