

YEAR 7	Autumn	Spring	Summer		Delivered in Form Time by Tutors Across Autumn/Spring/Summer Terms
	Relationships	Health and Wellbeing	Relationships (inc. SRE)		Living in the Wider World
Topic Overview	Transition to Year 7 Exploring the transition to secondary school and introducing students to our school ethos and values – including our motto: Love as Brethren.	Self-Expression and Authenticity Healthy Routines Recognising the importance of managing and maintaining healthy personal routines	Puberty and the changing adolescent body. Understanding the main changes which take place in males and females during puberty and the impact on emotional and physical health – including menstrual wellbeing.		Personal Finance This Scheme of Work is designed to give Year 7 students an introduction to Personal Finance. Knowing that we have a choice in how we spend our money can help us to budget, spend and save responsibly.
Students Learn...	<ul style="list-style-type: none"> - How to manage the challenges of starting at a new school. - How to make and manage new friendships. - Personal safety strategies and travel safety appropriate to the new journey. - Introduce the importance of our Coopers’ Company and Coborn School Charter and Behaviour Policy documents, our shared values and motto: Love as Brethren. - Recognising that while we have a shared connection in our school, we are all unique and we celebrate this diversity. - Who our Safeguarding Team are and what their role is in the school, where they can be found – and that all members of staff have a duty to safeguard pupils. - Discuss a range of strategies for reporting concerns. 	<ul style="list-style-type: none"> - Managing a balanced routine including school, work, leisure, exercise, and online activities. Focus on the change from Y6 to Y7. - The benefits of physical activity and exercise for positive mental health and wellbeing. - The importance of sleep strategies and good quality sleep. - To learn how influences can affect self-concept and self-expression. - identify different forms of self-expression - explain how internal and external influences can affect self-expression and feelings about body image - evaluate the impact of different influences on decisions relating to body image 	<ul style="list-style-type: none"> - Strategies to manage the physical and emotional changes that occur during puberty. - Strategies to manage menstrual wellbeing. - How to recognise inappropriate and unwanted contact. - Understanding that consent is freely given and being pressurised is not giving consent. - Understanding the risks and myths surrounding FGM (including breast binding and ironing), its status as a criminal act and strategies to safely access support for themselves or others who may be at risk or who may have already been subject to FGM. - Understanding the difference between biological sex, gender identity and sexual orientation. - Recognising that sexuality and sexual attraction is diverse. 		<ul style="list-style-type: none"> - What Personal Finance means and what relevance this has to them relative to their age - An introduction to key terminology relating to Personal Finance - Their role in consumerism and the factors which inform the decisions they make around spending - Striving to achieve financial stability by being able to differentiate between wants and needs - The purpose of bank accounts and some of the main types of bank account available - Responses to dealing with debt - Future financial responsibilities Behaviour Curriculum (MDU)

YEAR 8	Autumn	Spring	Summer		Delivered in Form Time by Tutors Across Autumn/Spring/Summer Terms
	Relationships (inc. SRE)	Drugs, Alcohol and Tobacco	Mental and Emotional Health		Living in the Wider World Living in the Wider World
Topic Overview	Building respectful relationships on and off-line Recognising and developing healthy relationships that are consenting, respectful, and positive. Understanding the impact, risk, and law regarding harmful online content – including sharing nude and semi-nude images.	Being Clear About the Facts Understanding the facts about legal and illegal drugs and their associated risks.	What is mental health? Exploring the characteristics of mental and emotional health and the range of strategies for managing these.		Responsibility for Healthy Routines Developing students’ key knowledge, skills and behaviours — to help them navigate the risks of online life in relation to cyber security. Behaviour curriculum (MDU)
Students Learn...	<ul style="list-style-type: none">- Online risks - sharing data and identifying harmful behaviours.- The Law regarding indecent images – making, sending, receiving nudes and semi nudes.- Address consent, exploitation, abuse, and grooming.- Consent is freely given and that being pressurised, manipulated, or coerced to agree is not giving consent.- Impact of viewing harmful content online including sexually explicit material.- Healthy relationships based on trust and mutual respect (focus on online).- How to access help and support if you are worried about yourself or another.	<ul style="list-style-type: none">- What is a drug? Facts about substances including caffeine and energy drinks, vaping, alcohol, and other legal substances.- Positive and negative uses of drugs in society including over the counter medicines and responsible antibiotic usage.- Evaluate myths, misconceptions, social norms, cultural values relating to drugs, alcohol, and tobacco use.- Information about the short- and long-term health risks associated with use.	<ul style="list-style-type: none">- Explore the characteristics of mental and emotional health and wellbeing.- Explore strategies for managing mental and emotional health.- Explore the link between the language used in society and mental health stigma .- Develop strategies to challenge stigma, myths, misconceptions around mental health concerns.- Evaluating when something they do or are involved in has a positive or negative effect on own or others’ mental health.- Explore a range of coping strategies and ways to promote wellbeing and boost mood.		<ul style="list-style-type: none">- Develop students’ key knowledge, skills and behaviours — to help them navigate the risks of online life- what a safe and secure password looks like and highlight why they are important to keep cyber secure- the different ways to keep accounts and devices safe and demonstrate the skills needed to do so- how to recover an account and device- how to identify signs of online scams, where to report cyber security incidents and what happens when reporting

YEAR 9	Autumn		Spring	Summer	Delivered in Form Time by Tutors Across Autumn/Spring/Summer Terms
	Relationships	Relationships (inc. SRE)	Drugs, Alcohol and Tobacco	Health and Wellbeing	Health and Wellbeing
Topic Overview Committed relationships and family life Developing understanding of similarities and differences between types of families, and how and why family relationships might change over time. Students will participate in a lesson on parenting which ensures that different families are represented including foster families, adoption, informal arrangements, and kinship carers. In addition to exploring different relationships, students will explore life events such as birth and death – with a focus on bereavement and grief.		Intimate Relationships Developing understanding of intimate relationships and sex education, including consent.	Drugs and Alcohol Understanding the law relating to legal and illegal substances. Understanding the effects of some of these substances and their associated risks on individuals, family units, communities and wider society,	Staying Healthy Online Investigating the relationship between internet use and mental and emotional health and wellbeing. First Aid Increasing confidence in responding to emergency situations and performing first aid.	Tolerance and British Values focus - Fundamental British Values - differentiate between freedom of speech compared to hate speech - the origins of extremist ideas - introduction to the protected characteristics and 2010 Equality Act. - British naturalisation (how do you become British)
Students Learn...	<ul style="list-style-type: none"> - The qualities and behaviours they should expect and exhibit in a wide range of positive relationships - How to manage the strong feelings that relationships can cause - How to manage the breakdown of a relationship - The effects of change, including loss, separation, divorce and bereavement; strategies for managing these and accessing support - The services available to support healthy relationships and manage unhealthy relationships - Ways to manage grief about changing relationships including the impact of separation, divorce and bereavement - To understand a variety of faith and cultural practices and beliefs concerning relationships. - The importance of parenting skills and qualities for family life - The reasons why people choose to adopt and/or foster children 	<ul style="list-style-type: none"> - Different types of intimacy and the potential consequences. - Return to the definition of consent and how to seek, give, not give and withdraw consent. - That the seeker of consent has the legal and moral responsibility for ensuring that consent has been given. - To gauge readiness for sexual activity - Strategies for managing sexual pressure – choice to delay sex and intimacy. - That intimate relationships should be pleasurable. - The purpose and importance of different types of contraception; how and where to access contraception and advice. - That certain infections can be spread through sexual activity. - How to access help and support regarding intimate relationships, contraception and sex. (These will be taught in greater depth in Year 10) 	<ul style="list-style-type: none"> - The risks associated with drug and alcohol misuse including the link to serious mental health conditions. - What is a drug? Facts about substances including caffeine and energy drinks, vaping, alcohol, and other legal substances. - Positive and negative uses of drugs in society including over the counter medicines and responsible antibiotic usage. - Evaluate myths, misconceptions, social norms, cultural values relating to drugs, alcohol, and tobacco use. - Information about the short- and long-term health risks associated with use. - The law relating to supply, use and misuse of legal and illegal substances. - The concept of dependence and addiction including awareness of how to overcome addiction. - - 	<ul style="list-style-type: none"> - Mental health and the internet expectations, curated lives, reliance, gambling, addictive behaviours... - To understand and build resilience to thinking errors associated with gambling. - That social media may disproportionately feature exaggerated or inaccurate information about situations or extreme viewpoints. - That the media portray idealised and artificial body images - How data that is collected online may be used with the aim of influencing decisions - Strategies for responding to things - online that cause anxiety and worry. - How to recognise when others need help and to access the most appropriate sources of help - To increase confidence in performing emergency first aid and lifesaving skills including CPR and the use of a defibrillator. - 	<ul style="list-style-type: none"> - What is a ‘stereotype’? - Items which are associated with Britishness which actually have their origins elsewhere - Introduction to Fundamental British Values (Democracy, Rule of Law, Tolerance, individual rights, and mutual respect) - The difference between culture and values - What are the drawbacks and limitations of British Values and how they can lead to extremism - How to understand the Equality Act 2010 and how it can be applied in different cases. - What makes someone British based on different case studies and what naturalisation and citizenship mean - What equality looks and feels like as a lived experience

YEAR 10	Autumn		Spring	Summer	Delivered in Form Time by Tutors Across Autumn/Spring/Summer Terms	
	Relationships	Relationships (inc. SRE)	Drugs, Alcohol and Tobacco	Health and Wellbeing	Mental and Emotional Health	Living in the Wider World
Topic Overview	Relationship Values Exploring the connection between personal values and the values of and in relationships.	Intimate Relationships Developing understanding of intimate relationships and sex education, including consent	Illegal Substances: Wider Issues Understanding consequences of substance misuse for individuals, their families, and the wider consequences in communities.	Increasing Understanding of Mental Health Developing a deeper understanding of what is meant by “mental health” through an exploration of historical context, case studies and the language associated with mental and emotional health.	Coping with exam stress Understanding what stress is, how to identify when it is useful, reasons it can become a problem and strategies to promote a healthy lifestyle during exam season.	Work Experience Preparing for the world of work. (Work Experience off site has traditionally been held during the last 2 weeks of term)
Students Learn...	<ul style="list-style-type: none"> - To recognise, clarify and if necessary, challenge their own values and understand how these values influence their decisions, goals and behaviours. - To manage changes safely and responsibly in relationships including ending them. - The law relating to relationships including coercive control and online harassment. - Strategies to challenge all forms of prejudice and discrimination. - The opportunities and potential risks of establishing and conducting relationships online. - The legal and ethical responsibilities people have in relation to online aspects of relationships. <p>Accessing support for relationship difficulties.</p>	<ul style="list-style-type: none"> - There is diversity in attraction – developing sexuality. - There are different types of intimacy – including online – and there are different consequences (positive and negative) - Facts about specific STIs – their transmission, testing, impact, treatment. - How to respond if someone may have an STI (including accessing health services) - Contraceptive choices and options for safe sex. - Pregnancy: the facts of pregnancy and miscarriage, pregnancy choices and where to get help. - The impact of lifestyle on fertility. - The current legal position on abortion and a range of beliefs and opinions about it. - The importance of parenting skills and qualities for family life, the implications of young parenthood and services that offer support for new parents and families. - The importance of self-care, especially self-examination. 	<ul style="list-style-type: none"> - The risks and consequences of substance use and misuse on individuals, their families, and communities. - The Concepts of dependence and addiction - How to manage and seek help for unhealthy behaviours, habits and addictions including smoking cessation. - To evaluate ways in which their behaviours may influence their peers positively and negatively. - 	<ul style="list-style-type: none"> - How to identify and articulate a range of emotions accurately and sensitively with appropriate vocabulary. - The link between language and mental health stigma and develop strategies to challenge stigma and misconceptions associated with help seeking and mental health concerns. - The characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people’s mental health. 	<ul style="list-style-type: none"> - What stress is and how it can be a healthy emotion - Identify reasons why exam stress may occur and what is likely to contribute to this stress - Explore ways we can help to manage exam related stress - Measures we can introduce to keep our physical selves healthy during exam periods which will help contribute to positive mental health before, during and after exams - 	

YEAR 11	Autumn	Spring	Delivered in Form Time by Tutors Across Autumn/Spring/Summer Terms	Summer 2
	Relationships (inc.SRE)	Drugs, Alcohol and Tobacco	Mental and Emotional Health	EXAM PERIOD
Topic Overview	Intimate Relationships Developing understanding of a range of intimate relationships including sex and the importance of consent.	Identifying and Managing Unhealthy Behaviours Reflecting on the changes that have occurred during the last five years at school and exploring strategies to manage those.	Coping with exam stress Understanding what stress is, how to identify when it is useful, reasons it can become a problem and strategies to promote a healthy lifestyle during exam season.	
Students Learn...	<ul style="list-style-type: none"> - Revisit consent. - How to recognise unwanted attention and how to seek help. - Strategies for identifying risky and emergency situations, ways to manage these and get appropriate help. - To safely and responsibly manage changes in personal relationships including the ending of relationships. - Recognising the impact of drugs and alcohol can have on sexual behaviour. - Portrayal of sex in pornography and the media including attitudes, expectations and behaviours. - Promoting the benefits of strong, positive relationships including mutual trust, respect and equality. - To continue to develop conflict management skills and strategies to reconcile after a disagreement. - 	<ul style="list-style-type: none"> - To reflect on how things have changed over the last 5 years – what do they encounter in Year 11 that they did not in Year 7. - Recognise that their behaviours may influence peers positively and negatively. - Skills to support younger peers when in a position of influence. - To recognise situations when they are being adversely influenced or are at risk of being in a particular group or gang. - Factors which contribute to young people being involved in serious organised crime including cybercrime. 	<ul style="list-style-type: none"> - What stress is and how it can be a healthy emotion - Identify reasons why exam stress may occur and what is likely to contribute to this stress - Explore ways we can help to manage exam related stress - Measures we can introduce to keep our physical selves healthy during exam periods which will help contribute to positive mental health before, during and after exams 	

YEAR 12	Autumn		Spring	Summer	Delivered in Form Time by Tutors Across Autumn/Spring/Summer Terms
	Relationships	Relationships (inc. SRE)	Mental and Emotional Health	Drugs, Alcohol and Tobacco	Living in the Wider World Mental and Emotional Health
Topic Overview	Relationship Values Exploring personal values in a range of different relationships.	Intimate Relationships Developing understanding of a range of intimate relationships including sex and the importance of consent.	Mental and Emotional Health and Wellbeing Recognising signs of change in mental health and understanding a range of strategies for accessing help and support. Deepening understanding of a range of mental health conditions and strategies that can be used to promote, maintain and develop positive mental health.	Drugs and Alcohol Understanding the wider consequences of substance use and misuse including the effect on travel, personal safety and decision making.	Work Experience Preparing for the world of work. (Work Experience off site has traditionally been held during the last 2 weeks of term) Coping with exam stress Understanding what stress is, how to identify when it is useful, reasons it can become a problem and strategies to promote a healthy lifestyle during exam season.
Students Learn...	<ul style="list-style-type: none"> - How to articulate relationship values and apply them to different types of relationships - To recognise and challenge prejudice and discrimination and understand rights and responsibilities about inclusion. - To manage mature friendships and make friends in new places. - To manage personal safety in new relationships including online. - To recognise the opportunities of building meaningful relationships within a workplace and the boundaries with professional relationships. - 	<ul style="list-style-type: none"> - How to take responsibility for sexual health including: accessing health care, accessing advice, diagnosis and treatment, reducing risk. - Revisit contraception in different contexts – this should be a nuanced understanding different to that in KS4. - How to reduce the risk of contracting and passing on STI. - To understand the moral and legal responsibilities that someone seeking consent has - To understand the emotional, physical, social and legal consequences of failing to respect others’ right not to give or to withdraw consent. - To recognise and seek help in the case of sexual abuse, exploitation, assault or rape and the process of reporting. 	<ul style="list-style-type: none"> - The skills and strategies needed to confidently manage transitional life phases. - Where their self-concept and self-esteem arises from. - Recognising signs of mental ill health in yourself and in others – how to seek support. - Recognising changes in your wellbeing and strategies for maintaining positive mental health. - Reflect on how these may have changed over the last few years and strategies for managing new situations. - To recognise common mental health issues such as anxiety, depression, eating disorders, self-harm and compulsive behaviours - To recognise when they or others need support with their mental health. - To develop effective strategies to manage difficulties and promote wellbeing. 	<ul style="list-style-type: none"> - The law relating to supply, use and misuse of legal and illegal substances. - The impact of drug and alcohol use on road safety. (Driver and passenger) - To understand that alcohol can affect decision making and personal safety. - Managing personal safety in relation to travel. - Looking out for friends. <p>To evaluate the dangers of being involved in gangs.</p>	<ul style="list-style-type: none"> - What stress is and how it can be a healthy emotion - Identify reasons why exam stress may occur and what is likely to contribute to this stress - Explore ways we can help to manage exam related stress - Measures we can introduce to keep our physical selves healthy during exam periods which will help contribute to positive mental health before, during and after exams

YEAR 13	Autumn 1	Autumn 2	Spring	Delivered in Form Time by Tutors Across Autumn/Spring/Summer Terms	Summer 1	Summer 2
	Mental and Emotional Health	Relationships (inc. SRE)	Drugs, Alcohol and Tobacco	Mental and Emotional Health	EXAM PERIOD	
Topic Overview	Mental Health Issues	Consent	Drugs and Alcohol	Coping with exam stress		
	Recognising signs of change in mental health and understanding a range of strategies for accessing help and support.	Focus on consent in a range of different situations.	Understanding the wider consequences of substance use and misuse especially managing risk in new situations.	Understanding what stress is, how to identify when it is useful, reasons it can become a problem and strategies to promote a healthy lifestyle during exam season.		
Students Learn...	<ul style="list-style-type: none"> - To recognise when they or others need support with their mental health. - To develop effective strategies to manage difficulties and promote wellbeing. 	<ul style="list-style-type: none"> - To understand the moral and legal responsibilities that someone seeking consent has - To understand the emotional, physical, social and legal consequences of failing to respect others' right not to give or to withdraw consent. - To recognise and seek help in the case of sexual abuse, exploitation, assault or rape and the process of reporting. - To recognise and manage different forms of abuse, sources of support and exit strategies for unhealthy relationships. - To recognise forced marriage and 'honour' based violence and how to get help for themselves or others. - To understand their rights in relation to harassment, stalking and how to respond and access support. - 	<ul style="list-style-type: none"> - Transitional life phases and the impact of changing environments. - To assess and manage risk and personal safety in a wide range of contexts. New jobs, Freshers' Week, University life and accommodation, with new friends etc. - Strategies to recognise, de-escalate and exit aggressive social situations 	<ul style="list-style-type: none"> - What stress is and how it can be a healthy emotion - Identify reasons why exam stress may occur and what is likely to contribute to this stress - Explore ways we can help to manage exam related stress - Measures we can introduce to keep our physical selves healthy during exam periods which will help contribute to positive mental health before, during and after exams - 		