

YEAR 7	Autumn	Spring	Summer	Delivered in Form Time by Tutors Across Autumn/Spring/Summer Terms	
	Relationships	Mental and Emotional Health	Relationships (inc. SRE)	Living in the Wider World	Health and Wellbeing
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.	Talking About Our Emotions Understanding that happiness is linked to the feeling of being connected to others and enabling the use of emotion vocabulary to improve self-expression. Building on our understanding of positive relationships and how to manage challenges to friendship.	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.	Developing skills and Aspirations Developing teamwork, communication and enterprise skills across the year group and encouraging high aspirations.	Managing Healthy Routines Recognising the importance of managing and maintaining healthy personal routines.
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"> - About the importance of our shared community and recognising our own roles within this. - Building simple strategies to help build resilience towards negative opinions, judgements, and comments. - How to identify and articulate a range of emotions accurately and sensitively using appropriate vocabulary. - How to recognise peer influence and develop strategies for managing it. - How peers can create supportive networks that resist pressure and influence, challenge harmful social norms and access appropriate support. - Discuss a range of strategies for reporting concerns. - Ways of assessing risk in relation to health, wellbeing, and safety. 	<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"> - How to challenge stereotypes, broaden their horizons and identify their future career aspirations. - What the Protected Characteristics are according to our law and that they must not be discriminated against because of: age, gender reassignment, being married or in civil partnership, being pregnant, disability, race (including colour, ethnicity, nationality, ethnic or national origin), religion or belief, sex, sexual orientation. - How to develop the skill of teamworking. - To further develop the skills of active listening, clear communication, negotiation, and compromise. <p>How to be enterprising, including the skills of problem solving, risk management and creativity.</p>	<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.

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	Health and Wellbeing
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.	Community and Careers Understanding the equality of opportunity in careers and life choices and the range of different types and patterns of work.	Responsibility for Healthy Routines Understanding the importance of being responsible for healthy personal routines and how to seek advice or assistance.
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"> - Exploring equality in life and work - How to challenge stereotypes and discrimination in relation to work and pay - Understanding the differences between employment, self-employment, voluntary and unpaid work. How to set aspirational goals for future careers and challenge any expectations that limit choices.	<ul style="list-style-type: none"> - Being more responsible for your own body – including self-examination (including breast and testicular examination - cancer prevention, detection and monitoring). - The importance of sun safety. - Understanding bacteria, viruses, treatment and prevention of infection and antibiotics. - The role of a balanced diet as part of a healthy lifestyle – including for oral health. - Strategies for maintaining personal hygiene including oral health (brushing, flossing, dentist visits). - How to access appropriate services when needed.

YEAR 9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Health and Wellbeing	Relationships (inc. SRE)	Living in the Wider World	Drugs, Alcohol and Tobacco	Relationships	Mental and Emotional Health
Topic Overview	Keeping Safe	Intimate Relationships	Financial Independence and Responsibility	Drugs and Alcohol	Modern Families	Staying Healthy Online
	Exploring British Values (democracy; the rule of law; individual liberty; and mutual respect for and tolerance of those with different faiths and beliefs, and for those without faith) and the importance of community cohesion in challenging extremism.	Developing understanding of intimate relationships and sex education, including consent.	Developing understanding of the risks, rights, responsibilities and rewards that are associated with increasing financial independence.	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,	Developing an understanding of the structure and construction of a “modern” family unit and what this might mean. Exploring rites of passage including: birth, marriage, death.	Investigating the relationship between internet use and mental and emotional health and wellbeing.
Students Learn...	<ul style="list-style-type: none"> - The legal rights, responsibilities and protections provided by the Equality Act 2010. - To recognise, clarify and if necessary, challenge their own values and understand how their values influence their decisions, goals and behaviours. - The opportunities and risks of establishing and conducting relationships online and strategies to manage the risks. - To develop conflict management skills and strategies to reconcile after a disagreement. - The unacceptability of prejudice-based language and behaviour offline and online including: sexism, homophobia, biphobia, transphobia, racism, ableism, and faith-based prejudice. - The factors that contribute to young people joining gangs; the social, legal and physical consequences of gang behaviours. - The need for peer approval can generate feelings of pressure and lead to increased risk-taking; strategies to manage this. 	<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"> - To assess and manage risk in relation to financial decisions that young people might make. - About values and attitudes relating to finance including debt. - To manage emotions in relation to money - To evaluate social and moral dilemmas about the use of money, including the influence of advertising and peers on financial decisions. - To recognise financial exploitation in different contexts e.g. drug money, mules, online scams etc. 	<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"> - 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"> - 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.

YEAR 10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Drugs, Alcohol and Tobacco	Relationships	Relationships (inc. SRE)	Health and Wellbeing	Mental and Emotional Health	Living in the Wider World
Topic Overview	Illegal Substances: Wider Issues Understanding consequences of substance misuse for individuals, their families, and the wider consequences in communities.	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	First Aid Increasing confidence in responding to emergency situations and performing first aid.	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.	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"> - 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"> - 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. - Accessing support for relationship difficulties. 	<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"> - 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"> - 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. - 	

YEAR 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Living in the Wider World	Drugs, Alcohol and Tobacco	Mental and Emotional Health	Relationships (inc. SRE)	EXAM PERIOD	
Topic Overview	Choices and Future Pathways Understanding the many pathways available after KS4 and how to access and apply for these.	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.	Maintaining a Healthy Balance Recognising what constitutes a healthy balance in day-to-day life, as well as feelings and emotions and how this can be maintained.	Intimate Relationships Developing understanding of a range of intimate relationships including sex and the importance of consent.		
Students Learn...	<ul style="list-style-type: none"> - To evaluate their own personal strengths and areas for development and use this to inform goal setting. This will include a debrief of work experience (as well as applications for KS5) - About the range of opportunities available to them for career progression, including education, training and employment. - About the need to challenge stereotypes about particular career pathways and maintain high aspirations. - About the information and advice available to them on next steps and careers. 	<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"> - About change and its impact on mental health and wellbeing and to recognise the need for support during life changes (exams) and or difficult experiences. - A broad range of strategies for promoting their own emotional wellbeing. - To recognise the warning signs of common mental and emotional health concerns including stress and anxiety. - To make informed lifestyle choices regarding sleep, diet and exercise. - The benefits of having a balanced approach to time online. - To identify and evaluate and access reliable sources of information, advice and support. - About the health services available to people. 	<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. 		

YEAR	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
12	Drugs, Alcohol and Tobacco	Mental and Emotional Health	Relationships	Relationships (inc. SRE)	Health and Wellbeing	Living in the Wider World
Topic Overview	Drugs and Alcohol Understanding the wider consequences of substance use and misuse including the effect on travel, personal safety and decision making.	Mental and Emotional Health Recognising signs of change in mental health and understanding a range of strategies for accessing help and support.	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.	Healthy Lifestyles Preparing for a more independent approach to managing their lives.	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"> - 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. - To evaluate the dangers of being involved in gangs. 	<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. 	<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"> - To consistently access reliable sources of information and evaluate media messages about health. - How to register with health services in new locations. - How to recognise illnesses that affect young adults including, meningitis and ‘freshers’ flu’. - Self-examination re-visited. - How to live healthily on a budget (university and the world of work challenges) - How to maintain a healthy work life balance. - Understanding financial contracts (including mobile phones, Klarna and other credit suppliers) - To access appropriate support for financial decision-making including gambling. - To understand and build resilience to thinking errors associate with gambling, the range of gambling related health harms, and how to access support for themselves and others. 	

YEAR 13	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Mental and Emotional Health	Living in the Wider World	Relationships (inc. SRE)	Drugs, Alcohol and Tobacco	EXAM PERIOD	
Topic Overview	Mental Health Issues Deepening understanding of a range of mental health conditions and strategies that can be used to promote, maintain and develop positive mental health.	The Wider World Living in the wider world issues that are separate from careers and future steps (university, apprenticeships etc.)	Consent Focus on consent in a range of different situations.	Drugs and Alcohol Understanding the wider consequences of substance use and misuse especially managing risk in new situations.		
Students Learn...	<ul style="list-style-type: none"> - 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. 	<p>Things that could be covered include:</p> <ul style="list-style-type: none"> - Budgeting for university - Understanding salaries - Evaluating savings options (including pensions and investments) - Understanding mortgages - Financial contracts (including mobile phones) - Rights and responsibilities in part time jobs - Professional Conduct - Professional online presence 	<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. 		