

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Transition, Change and our Eskdale Community An introduction to the Eskdale School Community and the importance of finding our best selves. Includes an introduction to aspirations and careers.	Friendships, Respect and Relationships Managing new and changing friendships. Self-worth, romance and friendships (including online) and relationship boundaries	Staying Safe Online and Offline Online safety including gaming. The effects of energy drinks, alcohol, smoking and e-cigs. Financial security	Diversity Multicultural Britain, Equality and breaking down stereotypes. How to tackle prejudice and discrimination.	Puberty, Body Development and Health Healthy routines, influences on health, puberty, unwanted contact, and FGM	Politics, Parliament and Me Why is politics important? How is our country run? Elections and campaigning. How money can be managed.
Year 8	Diversity and Equality Body confidence and challenging discrimination in many forms, including racism, religious discrimination, disability, homophobia, biphobia and transphobia	Future Planning Equality of opportunity in careers and life choices, and different types and patterns of work. Self esteem and the media.	Emotional wellbeing Mental health and emotional wellbeing, including coping strategies, change, loss and grief	Identity and relationships What is love? Consent, sexual orientation, gender identity, introduction to contraception.	Staying safe Online and Offline Online safety, digital literacy, media reliability, and gambling hooks	Rights, Responsibilities and British Values Learning about community, laws and society. Punishing criminals and reform.
Year 9	Peer Influence, Substance Use and Gangs Healthy and unhealthy friendships, asseriveness, subsance misuse and gang exploitation	Respectful relationships Families and parenting, healthy relationships, homelessness awareness, consent, controlling behaviour, peer onpeer abuse and sharing sexual images	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, drug and alcohol facts.	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Rights, Responsibilities and British Values Roles played by public institutions and voluntary groups in society. Relationship rights, Employability and online presence
Year 10	Mental Health Mental health and ill health, stigma, safeguarding health including during periods of transition or change	Financial Decision Making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Healthy relationships Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography	Exploring Influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Work Experience Preparation for and evaluation of work experience and readiness for work
Year 11	Mental Health and Exam Stress Mental health and ill health, coping strategies, self-efficacy and exam stress management.	Communication in Relationships Consent, the impact of pornography, how to discuss contraception. Pressure, persuasion and coercion.	Next Steps Application processes, and skills for further education, employment and career progression	Revision	Revision	