

Appendix RSE & Healthy Lifestyles Curriculum Overview

	Year 7	Year 8	Year 9	Year 10	Year 11	Sixth Form
Careers		Oracy Preparing for next steps		Preparing for WEX	Preparing for next steps	Preparing for next steps
Citizenship	British Values Democracy in the UK My Own Identity	Communities Hate Crime Radicalisation Voluntary Agencies Prejudice & Discrimination		Equality Act Hate Crime Democracy		
Community	'The Island'	My role in the wider world Knife Crime		Gangs Knife Crime		
Finance		Budgeting Saving Spending		Rights and Responsibilities online Budgeting Responsible Consumerism Ethical Consumerism Credit and Debt Money Pressures		
Lifestyles	Menstruation Impact of puberty Body Image Importance of exercise Dental Hygiene Sleep Basic First Aid Sun Safety Emotional wellbeing Loss & bereavement	Risky Behaviour UK Law on substance misuse Introduction to drugs County Lines Sleep FGM	Impact of lifestyle on fertility Impact of substances on physical & psychological health Self examination Gambling Tattoos and Piercings	Peer Pressure Young Carers Influence of drugs alcohol on decision making Addiction and Dependency Cancer Self Examination Menopause	Alcohol Tobacco Other drugs Drug Economy Impact of alcohol Addiction & dependency	
Mental Health	What is mental health? How to treat others Emotional Wellbeing Loss & bereavement	Mental Health Strategies Recognising signs of poor mental health Strategies for emotional wellbeing	Body Image Self Esteem Mental Health Strategies	Mental Health Strategies	Exam Stress Anxiety Mental Health Emotional wellbeing Stress Pressure & Influence Work life balance Bereavement	
Relationships	Friendship Bullying Types of families Characteristics of a positive relationship	Gender Identity Consent UK Law on Marriage Indecent Imagery	Sexual Harassment Sexual Violence Domestic Abuse Pornography Contraception STIs Choices in relation to pregnancy	Skills for a successful relationship Exploitation & abuse Consent Sexual Relationships Sexual health Pregnancy choices Pornography	Families Parental Responsibilities Pregnancy	