

Mental Health & Wellbeing
Healthy Relationships (RSE)
Living in the Wider World

KS3

		Year 7		Year 8		Year 9
Autumn 1	Mental Health & Wellbeing	<p>How do I settle into a secondary school successfully?</p> <p>Transition and safety</p> <ul style="list-style-type: none"> - Transition to secondary school - Establish and manage friendships - Personal safety in and outside school e.g. including first aid <p><i>European Day of Languages</i></p>		<p>What are effects of drugs and alcohol?</p> <p>Drugs and alcohol</p> <ul style="list-style-type: none"> - Alcohol and drug misuse - Tobacco, nicotine and e-cigarettes - Influences and pressures - Promote positive social normal and attitudes 		<p>What are the negative impacts of peer pressure?</p> <p>Peer influence, substance use and gangs</p> <ul style="list-style-type: none"> - Healthy and unhealthy friendships - Assertiveness, passive and aggressive behaviours - Risks of substance misuse, carrying a knife and gang exploitation
Autumn 2	Healthy relationships	<p>Why is diversity important in the UK and how does it affect me?</p> <p>Diversity</p> <ul style="list-style-type: none"> - Identity, British values & personal values - Diversity - Prejudice, stereotypes and discrimination - Bullying <p><i>Black History Month</i> <i>World Mental Health Day</i> <i>World Poverty Day</i> <i>Human Rights Day</i> <i>Anti-bullying week</i></p>		<p>How can I develop my skills and aspirations for the future?</p> <p>Community and careers</p> <ul style="list-style-type: none"> - Equality of opportunity in careers and life choices - Challenge and stereotypes of work and pay - Different types and patterns of work <p><i>Black History Month</i> <i>World Mental Health Day</i> <i>World Poverty Day</i> <i>Human Rights Day</i></p>		<p>How to maintain and manage positive relationships and conflict resolution strategies</p> <p>Respectful relationships</p> <ul style="list-style-type: none"> - Families and parenting - Healthy relationships - Conflict resolution and relationship changes e.g. divorce <p><i>Human Rights Day</i></p>

<p>Spring 1</p> <p>Living in the wider world</p>	<p>What are my skills and aspirations?</p> <p>Developing skills and aspirations</p> <ul style="list-style-type: none"> - Importance of teamwork - Raising aspirations - Careers - Enterprise skills <p>International Women's Day</p>	<p>Understanding the importance of Identity and positive behaviours in healthy relationships</p> <p>Identity and relationships</p> <ul style="list-style-type: none"> - Gender identity - Sexual orientation - Consent and 'sexting' - Introduction to contraception <p>LGBT History Month International Women's Day</p>	<p>What strengths, career options and goals should I set as part of my GCSE options?</p> <p>Setting goals</p> <ul style="list-style-type: none"> - Learning strengths - Career options - Goal setting as part of the GCSE options process <p>Year 9 Slough Aspire Careers Event Year 9 Options Assemblies and interviews in March International Women's Day</p>
<p>Spring 2</p> <p>Mental Health & Wellbeing</p>	<p>How to make good healthy life choices</p> <p>Health and puberty</p> <ul style="list-style-type: none"> - Healthy routines e.g. sleep - Influences on health - Puberty - Unwanted contact <p>National Children's Mental Health Awareness Week</p>	<p>What is emotional wellbeing and its importance?</p> <p>Emotional wellbeing</p> <ul style="list-style-type: none"> - Mental health and emotional wellbeing - Unhealthy coping strategies - body image, self-harm, eating disorder - Digital resilience <p>National Children's Mental Health Awareness Week</p>	<p>How to maintain a healthy lifestyle</p> <p>Healthy lifestyle</p> <ul style="list-style-type: none"> - Diet - Exercise - Lifestyle balance - Healthy choices - First aid <p>National Children's Mental Health Awareness Week</p>
<p>Summer 1</p> <p>Healthy Relationships</p>	<p>The importance of building positive relationships</p> <p>Building relationships</p> <ul style="list-style-type: none"> - Self-worth - Family - Friends - Romance and friendships (including online) - Relationship boundaries 	<p>What are the different forms of discrimination and how does it impact society?</p> <p>Discrimination</p> <ul style="list-style-type: none"> - How to manage beliefs and decisions - Develop self-worth and confidence - Recognise and challenge discrimination in all its forms, including: racism, religious discrimination, disability, gender 	<p>(Introductions to RSE) What is an intimate relationship and its impact?</p> <p>Intimate relationships</p> <ul style="list-style-type: none"> - Relationships - FGM - Sex education including consent, contraception, the risks of STIs, and attitudes to pornography - Consequences of pregnancy

		<i>Stephen Lawrence Day</i>		identity and gender-based discrimination, sexism, homophobia, biphobia and transphobia <i>Stephen Lawrence Day</i>	
Summer 2 Living in the wider world		Understanding money management Financial decision making <ul style="list-style-type: none"> - Saving - Borrowing - Budgeting - Making financial choices 		How to be safe in the digital world Digital literacy <ul style="list-style-type: none"> - Online safety (grooming) and digital literacy - Media reliability - Different social media and responsibility - Gambling 	How can I develop my employability skills? Employability and online presence <ul style="list-style-type: none"> - Employment rights and responsibilities - Skills for work - Give and act on constructive feedback

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KS4

		Year 10		Year 11		
Autumn 1	Mental Health & Wellbeing	<p>How to maintain positive mental health and the coping with negativity</p> <p>Mental health</p> <ul style="list-style-type: none"> - Managing challenges during adolescence, safeguarding health, including during periods of transition or change - Mental health and mental illness - Challenging stigma, stereotypes and misinformation - Support and treatment <p><i>World Mental Health Day</i></p>		<p>Managing a positive mental health during my GCSEs</p> <p>Building for the future</p> <ul style="list-style-type: none"> - Self-efficacy including motivation and resilience - Stress management including healthy sleep habits, balance time - Future opportunities <p><i>World Mental Health Day</i></p>		
Autumn 2	Living in the wider world	<p>How do I prepare myself for work experience?</p> <p>Work experience</p> <ul style="list-style-type: none"> - Responsibilities and expectations in the workplace - How to overcome challenges or adversity - Preparation for and evaluation of work experience and readiness for work <p><i>Year 10 Skills for Life</i> <i>Year 10 work experience in June</i></p>	Healthy Relationships	<p>Why is effective communication in relationships so important?</p> <p>Communication in relationships</p> <ul style="list-style-type: none"> - Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse - Core values and emotions - Unwanted attention, harassment and stalking 		

				Action Against Gender Based Violence		
Spring 1 Living in the wider world		How can making important financial decisions impact my future? Financial decision making <ul style="list-style-type: none"> - The impact of financial decisions - Preventing and managing debt - Gambling and gambling influences online - Impact of advertising on financial choices - Fraud 	Living in the wider world	What steps do I need to take for an effective work/life balance? Next steps <ul style="list-style-type: none"> - Skills for further education, e.g. effective revision techniques - Application processes, including CV writing, personal statements, interview techniques - Employment and career progression, e.g. responsibilities and challenges in a P/T job whilst studying 		Year 11 CV Writing Day Year 11 Mock Exams
Spring 2 Healthy Relationships		How does society influence my views on a healthy relationship (CSE)? Healthy relationships <ul style="list-style-type: none"> - Relationships and sex expectations - Myths, misconceptions and social norms about sex, gender and relationships - Risks of online dating - Impact of the media and pornography - Consent, pressure and exploitation - Victim blaming - Asexuality, abstinence and celibacy 		As an independent and responsible young adult, how can I take care of myself? Independence <ul style="list-style-type: none"> - Responsible health choices, and safety in independent contexts: - Emergency first aid skills - Screening and self-examination - Links between lifestyle and cancer - Vaccination and immunisation - Sexual health, blood, stem and organ donation 		

<p>Summer 1</p> <p>Mental Health & Wellbeing</p>		<p>How does society influence and impact my behaviour and thinking?</p> <p>Exploring influence</p> <ul style="list-style-type: none"> - The influence and impact of drugs, gangs, role models and the media - Decision making - Peer pressure - Substance abuse and addiction - How to keep self and others safe in situations 		<p>Understanding the different types of families and communities in British society today</p> <p>Families</p> <ul style="list-style-type: none"> - Different families and parental responsibilities - FGM - Changing relationships e.g. bereavement - Pregnancy, birth and miscarriage - Marriage, forced marriage and 'honour based' violence 		
<p>Summer 2</p> <p>Healthy Relationships</p>		<p>How can the U.K. maintain community cohesion? And what challenges does it face?</p> <p>Addressing extremism and radicalisation</p> <ul style="list-style-type: none"> - Communities, inclusion and a sense of belonging - Law and British values - How social media may influence belief and opinion - Recognise and challenge extremism and radicalisation <p style="text-align: right;"><i>School Diversity week</i> <i>Multi-Cultural Evening Celebrations</i></p>				

National and international events

<p>September: European Day of Languages</p>	<p>January: Holocaust Memorial Day Year 11 CV Writing Day</p>	<p>April Stephen Lawrence Day Year 8 Learning to Work Enterprise Event Recycling Solutions</p>	<p>July School Diversity week Forced Marriages Awareness Week Multi-Cultural Evening Celebrations</p>
<p>October: Black History Month World Mental Health Day World Poverty Day</p>	<p>February LGBT History Month National Children’s Mental Health Awareness Week Year 9 Slough Aspire Careers Event Year 9 Options Assemblies</p>	<p>May Year 10 Skills for Life Mental Health Awareness Week World Day for Cultural Diversity</p>	
<p>December: Action Against Gender Based Violence World AIDS Day World Human Rights Day</p>	<p>March International Women’s Day Year 9 Option Interviews with SLT Year 9 Immunisations Male and Female Business Interview Day Year 8 Jewish Awareness Session AM</p>	<p>June (first week) Year 11 exam leave begin (second week) Year 10 work experience Refugee Week</p>	