KING'S COMPASS: LONG-TERM OVERVIEW Health & wellbeing Living in the wider world Relationships

Character for Life: Respect Compassion Service Leadership Courage

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Additional sessions
Year 7	**Welcome to Compass + Mindfulness .b MiSP** Transition to secondary school and Mindfulness .b programme.		**Respectful relationships** Families and parenting, healthy relationships, conflict resolution, and relationship changes	**Health and puberty** Puberty, introduction to consent, menstrual wellbeing, digital resilience, body image	**Diversity** Diversity, prejudice, stereotypes, visible differences, british values	**Financial decision making** Saving, borrowing, budgeting and making financial choices	Wellbeing Day Computing lessons Form time: Careers resources Positive relationships King's Together
Year 8	**Welcome to Compass + Discrimination** Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia		**Healthy Relationships** Relationship values, influences on relationships, avoiding assumptions (recap of consent).	**Identity and relationships** Gender identity, sexual orientation	**Emotional wellbeing** Mental health and emotional wellbeing, coping strategies, change loss grief	**Drugs, alcohol, tobacco** Alcohol and drug misuse and pressures relating to drug use. Tobacco and vaping.	Inclusive Leadership Day Computing lessons Form time: Careers resources Financial literacy
Year 9	**Developing skills and aspirations** Tycoon enterprise competition. Careers, teamwork and enterprise skills, and raising aspirations. Aspire project source analysis and reflection.			**Exploring character for life in more depth** Respect and stereotypes, anti-immigrant racism, generosity and curiosity, gratitude, ethical consumption, service and charity			Enterprise Challenge, Healthy Choices Day, Inclusive Leadership Day Computing lessons Form time: Careers resources Financial literacy
Year 10	**Healthy relationships and influence** Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography. Addressing relationship abuse, not just flirting (nudes) and body image and the media.		**Peer influence, substance use and gangs** Healthy and unhealthy friendships, assertiveness and gang exploitation	**Addressing extremism and radicalisation** Communities, belonging and challenging extremism	**Families** Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	**Mental health** Mental health and ill health, stigma, safeguarding health	Inclusive Leadership Day Form time: Careers resources Financial literacy Prep for Work Experience Health and Wellbeing

Year 11	**Independence and building for the future** Responsible health choices, and safety in independent contexts. Self-efficacy, stress management, and future opportunities.	**Communication in relationships** Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse, LGBT+ experiences, Racial wealth gap	**Preparing for the future** Debating social issues and managing online presence	**Form time:** Careers resources Finanncial Literacy Health & Wellbeing

	Off-timetable days
Year 7	Health & Wellbeing Day – Autumn 1 - Mindfulness Intro Dental health, Health & Nutrition, Yoga, King's Together, First aid
Year 8	Inclusive Leadership Day – Spring 2 – Developing character for life, advocacy and autonomy
Year 9	Tycoon Challenge – Autumn 2 – Enterprise skills, goals, qualities Healthy Choices Day – Spring 1 – Contraception, STI's, Consent, Samaritans, Addiction, Finances
Year 10	Inclusive Leadership Day – Summer 2 - Developing character for life, advocacy and autonomy
Form Time	See medium term overview for more details. All themes covered.
Computing Lessons	Health & Wellbeing, Relationships