puberty	Topic	Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
		Online safety	Digital	Social Media &	Tiktok & its dangers	Emotional	Stress and	Sleep and	REACTIVE .	<mark>Flashback</mark>
	Year 12	Mental health and emotional wellbeing	footprints Create a digital	how we use it Identify the	Identify the ways we use social media.	Wellbeing Demonstrate an	Wellbeing Demonstrate an	Wellbeing Understand the	LESSON	Lesson
	Online Safety	Managing stress	footprint and	ways we use	social illeula.	understanding	understanding	importance of a		
	& mental	Healthy coping strategies	understand the	social media.	Discuss the issues and	of strategies for	of strategies for	work-life		
	health	PoS refs: H1, H2, H3, H4, H5,	marks your	Discuss the	dangers we might come	maintaining	maintaining	balance,		
		H6, H7, H13	online behaviour	issues and	across when using social	positive mental	positive mental	including sleep.		
			leaves.	dangers we	media.	health.	health.			
			Challenge online	might come across when			Understand the			
			behaviour which	using social			importance of a			
			can affect your	media.			healthy lifestyle			
			reputation.				on stress and			
UT 4.4							wellbeing.			
HT 1.1										
Health &		Online safety	•skills to	Managing your	Social media and the	Common Types	Supporting	Supporting	REACTIVE	Flashback
Wellbeing	Year 13	Managing change	improve	online presence	Law Be a critical	of Mental III	Anxiety	Depression	LESSON	Lesson
		Health and wellbeing inc.	adaptability and	Build and	consumer of online	Health	Recognise	Recognise		
	Online Safety & mental	Anxiety and depression	resilience during periods of	maintain a positive	information . Effectively challenge	Recognise common mental	common mental health issues	common mental health issues		
	health		change and	professional	online content.	health issues	such as anxiety.	such as		
	ilicului.		strategies to	online presence.	omme content.	such as anxiety,	Such as anxiety.	depression.		
			manage change			depression,	Demonstrate a			
						eating disorders	range of	Demonstrate a		
						and self-harm.	strategies for building an	range of strategies for		
							maintaining	building an		
							positive mental	maintaining		
							health.	positive mental		
								health.		

		Topic	Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
			Challenging stereotypes,	Preparing for	Evaluating	•Career	 Professional conduct, 	Flashback Lesson	12 Days of	12 Days of	
		Year 12	rights and responsibilities in	responsibility-	strengths, skills	opportunities in a	including following		Christmas	Christmas	
			post 16 and workplace.	groupthink and	and interests in	global economy.	health and safety				
	HT 1.2	Communities	PoS refs: L8,L9,L10, L11,	modes of behaviour	relation to future		protocols.				
		and care	L12,L20,L21,L22, L23,L24,L25		roles and	Rights and					
L	living in				opportunities.	responsibilities in	Workplace				
tl	he wider		Readiness for work • Career			different types of	confidentiality and				
	world		opportunities • Preparing for		 Transferrable 	employment,	security, including cyber-				
			the world of work PoS refs:		skills	including full-	security and data				
			L1, L5, L6, L7, L8, L9, L10, L11,			time, part-time,	protection.				
			L1								

Year 13 Identity and values	Aligning ambition with personal values. Developing a career identity and values in relation to work, whilst pursuing next steps PoS refs: L1, L2, L3,L4, L5,L6,L20,L21,L22,L23,L24,L25	•Developing self- efficacy and self concept in line with future aspirations •Identifying appropriate 'next steps' post-18, such as higher education, further training or apprenticeships, and gap year opportunities	•Evaluating strengths, skills and interests in relation to future opportunities and career development •The implications of the global market for future choices in education and	Building and maintaining a positive professional identity and online presence	When, why and how to seek or provide support in response to bullying and harassment in the workplace Strategies for overcoming challenges or adversity in the workplace. About the role of trade unions and professional organisations • How social media can expand, limit or distort perspectives Setting and maintaining boundaries around personal privacy • Managing online safety in all its forms, including seeking help when appropriate	Flashback Lesson Year 13 mock exams will mean that HT1:2 will be completed after Christmas Break – knock on impact into other topics	12 Days of Christmas	12 Days of Christmas	

	Topic	Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
		 Living in a diverse society 	•how to	rights, roles and	•to celebrate	•how to safely	Reactive slot	Flashback		
	Year 12	 Challenging prejudice and 	communicate	responsibilities	cultural diversity	challenge		<mark>lesson</mark>		
	1601 12	discrimination	personal values	in a diverse	and promote	prejudice and				
			in different types	society and how	inclusion	discrimination,				
	Diversity and	PoS refs: R1, R2, R3, R24, R25,	of relationships	to respect and	•the ways	including online				
	inclusion	L25	 strategies to 	advocate for	different faith or	extremism and				
HT 2.1			challenge	them	cultural views	radicalisation,				
			prejudice and		can influence	how to reduce				
Relationships			discrimination in		relationships,	the risks and				
			relation to		and how to	when, where				
			inclusion and		challenge these	and how to seek				
			any of the		if appropriate	help				
			protected							
			characteristics of							
			the Equality Act							
			(2010)							

Year 13 Intimate relationships	Intimate relationships •Personal values, including in relation to contraception and sexual health •Fertility •Pregnancy PoS refs: R11, R12, R14, R15, R16, R17, R18	how to assertively communicate relationship expectations how to recognise manipulation and coercion, how to seek and assertively give, not give, or withdraw consent	•how to effectively evaluate and use the most appropriate methods of contraception in different circumstances (including emergency contraception) and communicate about use with a sexual partner • sexual health services, locally, nationally and online, and how to access and use them •to recognise how fertility changes over time and evaluate the implications of this	•to access appropriate advice and support in relation to pregnancy, including miscarriage	•unintended pregnancy and young parenthood •pathways available in the event of an unintended conception	Reactive slot	Flashback Lesson		
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	Topic	Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
	Year 12	Health choices and safety	•how to assess	 safety, rights 	•how to perform	•to identify and	•the risks of being a	Flashback		
	Health choices	 Independence and keeping 	and manage risk	and	first aid	manage the impact of	passenger with an	<mark>lesson</mark>		
	and safety	safe	and personal	responsibilities	 how to evaluate 	substance use on	intoxicated driver			
		•Travel	safety in new	when travelling	when to summon	health, personal safety,	and how to manage			
		•First aid	independent	in the UK and	emergency services	decision making and	this			
HT 2.2		 The impact of substance use 	situations,	abroad, including	and about the	sexual behaviour				
			including online	passport, visa	importance of giving		 the impact of 			
Health &		PoS refs: H14, H15, H16, H17,	how to manage	and insurance	accurate	 the consequences of 	substance use on			
Wellbeing		H21,	personal safety	requirements	information, even in	substance use, and how	road safety, work-			
		H22, H23, H24, R19, R20	in relation to		cases where there	to manage use of	place safety,			
			travel, including		may be legal	alcohol and other drugs	reputation and			
			cycle safety,		consequences		career			
			young driver							
			safety, passenger							

Year 13	Financial choices	safety, using licensed taxis and getting home safely		• consumer rights,	•	Pay day loans,	•	Influence on	Flashback	
Financial Choices	Managing money Financial contracts Budgeting Saving Debt Influences on financial choices PoS refs: L13, L14, L15, L16, L17, L18, L19, L24, H1	effectively plan expenditure and budget for changes in circumstances (e.g. when moving out or going to university) •how to evaluate savings options •salary deductions, including taxation, national insurance, student loan repayments and pensions, and how to manage these	•how to evaluate the potential gains and risks of different debt arrangements and repayment implications •the risks involved in different financial ventures, including illegal schemes (e.g. illegal money transfers)	how to resolve disputes and access support •how to manage financial contracts, including mobile phone services and renting items and accommodation, and identify appropriate advice •how to critically evaluate different media sources, online content and recognise propaganda, manipulation, biased or misleading information	•	Klarna and other forms of credit agreements The implications of these on financial decision making	•	financial choices Understanding of credit cards and debt management.	Lesson	

	Topic	Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
	Year 12	Respectful relationships	•how to seek	•to evaluate	•how to	•how to identify the	unacceptability and	rights in	Flashback	
		•Consent	and assertively	attitudes	recognise	signs of abuse,	illegality of forced	relation to	<u>Lesson</u>	
	Respectful	 Assertive communication 	give, not give or	towards sexual	manipulation	exploitation and	marriage and 'honour'-	harassment,		
	relationships	 Positive relationships and 	withdraw	assault and their	and coercion	assault or rape	based violence and how	including		
HT 3.1		recognising abuse	consent, in all	impact; how to	and manage	where and how to	to safely seek help	online, stalking		
		 Strategies for managing 	contexts	challenge victim-	negative	access support and		and violence,		
Relationships		dangerous situations or	 legal and moral 	blaming,	influence and	report concerns,		how to respond		
		relationships	responsibilities	including when	persuasion	including online		and where to		
			in relation to	abuse occurs	exit strategies			seek help		
		PoS refs: R11, R12, R13, R19,	seeking consent	online	for unhealthy					
		R20. R21. R22. R23. R24	and how to		relationships					

		recognise factors that might affect capacity to consent • emotional, physical, social, and legal consequences of failing to respect others' right not to give or to withdraw consent					•exit strategies for pressurised or dangerous situations		
Year 13 Building and maintaining relationships	Building and maintaining relationships New friendships and relationships, including in the workplace Personal safety Intimacy Conflict resolution Relationship changes POS refs: H1, R4, R5, R6, R7, R8, R9, R10, R23	•how to manage mature friendships, including making friends in new places	•strategies to confidently manage transitional life phases, such as leaving school, or leaving home for the first time •about personal safety in new relationships, including online	•how to maintain healthy, pleasurable relationships and about different levels of emotional intimacy, the role of pleasure, and the difference between 'love' and 'lust' •relationship challenges and how to manage the ending of relationships safely and respectfully, including online	•how to assertively communicate and negotiate boundaries in relationships •professional relationships; how to build meaningful relationships in the workplace and establish and respect boundaries	•how to manage strong emotions, communicate constructively and negotiate difficulties	•strategies to recognise, deescalate and exit aggressive social situations •how to evaluate the dangers and consequences of involvement in gangs, serious organised crime or carrying a weapon	Flashback Lesson	

	Topic	Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
	Year 12	Planning for the future	•how to assess	•how to	Unifrog Session	•how to evaluate	Work	Flashback lesson		
	Planning for	 Exploring future opportunities 	strengths,	evidence		the financial	experience			
	the future	•Post-18 options	interests, values,	strengths and		advantages,				
		•The impact of financial	and skills to set	skills and use this		disadvantages				
		decisions	realistic,	when applying		and risks relating				
			aspirational goals	and interviewing		to post-18				
		PoS refs: L2, L3, L4, L5, L7, L13,	 how to evaluate 	for future roles		options				
		L18, L25, H1	the options	and		•how to evaluate				
HT 3.2			available in	opportunities		the potential				
			education,	 how to evaluate 		gains and risks of				
Living in the			training and	the changing		different				
wider world			employment	patterns and		credit/debt				
			post-18,	trends in the		arrangements				
			including higher	labour market,		and repayment				
			education,	locally, nationally		implications,				
			further training	and		including student				
			or	internationally,		loan				
			apprenticeships,	and benefit from						
			and gap year	potential						
			opportunities	opportunities						