

<p>Life Beyond School</p> <ul style="list-style-type: none"> • Introduction to PSHE • Getting to know people • What is community? • Careers and your future • Sleep and relaxation • Financial education • Transition points in your life 	<p>Celebrating Diversity and Equality</p> <ul style="list-style-type: none"> • Multi-cultural Britain • What is identity? • Nature vs Nurture • Equality Act 2010 • Breaking down stereotypes • Prejudice and discrimination • Challenging islamophobia and anti-Semitism 	<p>Staying Safe Online</p> <ul style="list-style-type: none"> • Staying safe online • Avoiding gangs • What is alcohol and smoking? • E-Cigs and vaping • Energy drinks 	<p>Health and Wellbeing – Puberty and body development</p> <ul style="list-style-type: none"> • Introduction to puberty • Puberty – girls focus • Puberty – boys focus • Personal hygiene • Growing up (inc FGM) • Assertiveness, consent and hormones • Self-esteem and empowerment 	<p>Relationships and sex education – Friendships, respect and relationships</p> <ul style="list-style-type: none"> • Consent and boundaries • Respect and relationships • What makes a good friend? • Managing friendships • Pressure and influence • What does it mean to be a man? 	<p>Rights, Responsibilities and British Values – Politics, Parliament and me</p> <ul style="list-style-type: none"> • Why is politics important? • How is our country run? • Who is our Prime Minister? • Exploring inside Parliament? • Elections and campaigning • Politics and debating
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<p>Rights, responsibilities and British values – Law, Crime and society</p> <ul style="list-style-type: none"> • Desert island living • Building a community • Making decisions and prioritising • Criminals, laws and society • Law making in the UK 	<p>Celebrating diversity and equality – LGBTQ Explored</p> <ul style="list-style-type: none"> • LGBT – What is it? • LGBT – Homophobia • Supporting those who are LGBT • Challenging homophobia • Transphobia • Coming out 	<p>Staying safe online and offline – Dangerous society online and offline</p> <ul style="list-style-type: none"> • County lines – what is it? Who is at risk? • Substance misuse • Online safety – cyber bullying • Grooming boys and girls • Child exploitation and online protection 	<p>Health and Wellbeing – Physical health and mental wellbeing</p> <ul style="list-style-type: none"> • Physical and mental health • Positive body image • Child abuse • Types of bullying • Healthy eating • Stress management • Drugs and alcohol safety 	<p>Relationships and sex education – Identity, relationships and sex education</p> <ul style="list-style-type: none"> • Healthy relationships • Dealing with conflict • Sexual orientation and gender identity • What is love? 	<p>Life beyond school – Proud to be me</p> <ul style="list-style-type: none"> • Employability skills • Proud to be me – career choices • Self-esteem and the media • Career interests and jobs • Exploring careers and option choices
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<p>Staying safe online and offline – Legal and illegal drugs</p> <ul style="list-style-type: none"> • Introduction to drugs and different types of addiction • Cannabis products • Drug classifications • The dangers of party drugs • Exploring illegal drugs and their effects 	<p>Rights, responsibilities and British Values – Combating extremism and terrorism</p> <ul style="list-style-type: none"> • Extremism in all its forms • What is terrorism? • The radicalisation process • Counter terrorism • Anti-Semitism and Islamophobia 	<p>Health and wellbeing – Body confidence</p> <ul style="list-style-type: none"> • Self-esteem changes • Bullying in all its forms • Dealing with grief and loss • Cancer awareness and prevention • Relationships and partners 	<p>Relationships and sex education – Sex, the law and consent</p> <ul style="list-style-type: none"> • What is a penis? • What is a vulva? FGM and Law • Pleasure and masturbation • Contraception - What is it? • Contraception explored 	<p>Relationships and sex education – Contraception and STI's</p> <ul style="list-style-type: none"> • Contraception – What is it? • Contraception explored • Sexual harassment and stalking • STI's – What are they and how to treat them • HIV and AIDs 	<p>Life beyond school – Essential life skills</p> <ul style="list-style-type: none"> • From failure to success • Importance of happiness • What is anger? • Money management • Social media and online stress <p>TRANSITION - Fairtrade</p>
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