

Year/ Age	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 7 (11-12)	<p>Unique me, differences &amp; conflict.</p> <p>My influences, gateway emotions, belonging to a group, peer pressure, child on child abuse.</p> <p>Online safety, sexting, consequences, online legislation</p>	<p>Bullying, prejudice &amp; discrimination (positive and negative)</p> <p>Equality Act, bystanders, stereotyping, challenging influences, negative behaviour and attitudes, assertiveness</p>	<p>Celebrating success, identifying goals, employment, learning from mistakes, overcoming challenges, planning skills.</p> <p>Safe &amp; unsafe choices, substances, gangs, knives, exploitation.</p> <p>Emergency first aid</p>	<p>Stress and anxiety, managing mental health, physical activity and mental health.</p> <p>Effects of substances, legal consequences.</p> <p>Nutrition and sleep.</p> <p>Vaccination, importance of information on making health choices</p>	<p>Characteristics of healthy relationships, consent.</p> <p>Relationships and change, emotions within friendships, child on child abuse.</p> <p>Rights and responsibilities, being discerning, assertiveness, sexting</p>	<p>Puberty changes, Reproduction facts, FGM, breast flattening/ironing.</p> <p>Responsibilities of parenthood, IVF, types of committed relationships.</p> <p>Media and self-esteem, self-image, brain changes in puberty, factors affecting moods, sources of help and support</p>
Year 8 (12-13)	<p>Self-identity, influences, family and identity.</p> <p>Stereotypes, personal beliefs and judgements.</p> <p>Managing expectations, first impressions, respect for the beliefs of others.</p> <p>Marriage, protected characteristics.</p> <p>Active listening</p>	<p>Positive change made by others, how positive behaviour affects feelings of wellbeing.</p> <p>Social injustice, inequality, community cohesion and support, multi-culturalism, diversity, race and religion.</p> <p>Stereotypes, prejudice, LGBT+ bullying, child on child abuse, hate crimes.</p> <p>Fear &amp; emotions, stand up to bullying, the golden rule. Organ and blood donation</p>	<p>Long-term goals, skills, qualifications, careers, Money and happiness.</p> <p>Ethics and mental wellbeing, budgeting, variation in income, positive and negative impact of money.</p> <p>Online safety and legal responsibilities, gambling issues.</p>	<p>Long-term physical health, responsibility for own health. Dental health, stress triggers and help tips, substances and mood.</p> <p>Legislation associated with substances, exploitation and substances, county lines.</p> <p>Medicine and vaccinations.</p>	<p>Positive relationship with self, social media and relationship with self, negative self-talk.</p> <p>Managing a range of relationships, child on child abuse, personal space.</p> <p>Online etiquette, online privacy, bullying and personal safety.</p> <p>Social media issues and the law, coercion, unhealthy balance of power in relationships, sources of support</p>	<p>Types of close intimate relationships, physical attraction, love.</p> <p>Legal status of relationships, behaviours in healthy and unhealthy romantic relationships, pornography, sexuality, alcohol and risky behaviour</p>