Weekly Skills for Success: active listening, changing

habits, motivation, growth mindset and work ethic, the importance of sleep, asking for help, preparing academically, deepening subject knowledge

Relationships and Sex Education

Consent, sexual health, stealthing, parenthood and fertility

UCAS

Relationships and **Sex Education Ending and** improving relationships, consent, who you want to be for others, sexual assault and

Living in the Wider

Health and Wellbeing:

the importance of

sleep, feeling

overwhelmed, food

and exercise,

connecting with body

and emotions

World Staying safe, democracy and mutual respect, MUN, travelling in the UK and abroad, online profiles and wellbeing

Finance

Living in the Wider

World

Exploring privilege,

appreciating diversity,

norms, values and

behaviours, inclusion

and discrimination,

British Values

Managing finances, credit and debit cards, budgeting, income tax and minimum

Health and

Finance

Food shopping and living

independently. Credit

and borrowing. Credit

score, debt and tax.

Gambling. Fraud and

Wellbeing -mental health and wellbeing, alcohol and drug misuse, media influence, mental health and masculinity,

Weekly Skills for Success:

making the leap organisation, independent learning, goals, growth mindset, revision, developing understanding, work ethic, resilience, time management, next steps

COLLEGE -

■ APPRENTICESHI

Skills for Success

Staying Safe

Staying Safe. Decision-making

when using drugs and/or alcohol.

Wider impacts of drug use,

including addiction and effects

on the individual, family and

friends, and wider

community/society. Vehicle

Maximising success, including time management, organisation, and revision strategies. Managing stress.

Living in the Wider World Sexual

harassment

in the

workplace

Relationships and Sex Education Communicating wants

> and needs. Handing unwanted attention. Consent. Domestic abuse. Honour based violence and forced marriage

Finance

Payslips. Technology to support money management. Choosing a bank account, budgeting and planning for the future

Health and Wellbeing / **Staying Safe**

Emergency first aid. Health, including breast and testicular examination. Accessing medical services

Skills for Success Strategies for managing the transition from KS4 to KS5. Setting SMART targets.

Managing stress.

Human rights and the rule of law. Migration, displaced people, refugees and asylum seekers. Is citizenship a right or a privilege? CORE R.S. Human **Rights and Social** Justice

Citizenship



Finance

Reasons for debt and the risks involved. Persuasive techniques used for financial products, advertising. The problems associated with gambling. Risk taking.

Citizenship

Crime and

Punishment

Living in the Wider World / Citizenship

'British Values', identity and community cohesion. Discrimination and offensive behaviour. Hate crime, extremism and radicalisation

Health and Wellbeing Coping with change and challenges, including loss, grief and bereavement.

Organ and tissue donation. CORE R.S. Matters of Life and Death

Relationships and Sex Education

Long term commitments. Starting a family and parenting skills. Options available for an unintended pregnancy. Sex myths and issues around pornography. Consent. Negotiating contraceptive use. Efficacy of contraceptive choices. STIs. Strategies to cope with a relationship breakup.

CORE R.S. Marriage and the Family



Skills for Success Study habits and skills.

Coping with exam stress. Revision timetables and active revision techniques.

Health and Wellbeing Mental health, stress, anxiety and depression. Promoting positive

mental health.

Staying Safe

Risk assessment and peer pressure in relation to illegal substances. Vaping, cannabis and alcohol

Relationships and Sex

Education Readiness for sex, consent and the law. Reducing and preventing the spread of STIs. The range of contraceptive choices. Issues around pornography.

> **Skills for Success Option Choices**

Health and Wellbeing

Life-saving skills (CPR, recovery position and defibrillators) Facts and myths around cancer. Reducing the risk through lifestyle choices. Testicular cancer



Living in the Wider World

Skills for

Success

Preparing for

exams. Active

revision

techniques

and revision

timetables.

Misogyny. stereotypes. Harassment and consent. Challenging prejudice

Health and Wellbeing Unhealthy coping strategies (including self-harm and eating disorders). Healthy strategies to support emotional wellbeing. Work life balance, exercise and sleep. Staying safe online. Grooming and the sharing of

explicit images

Health and Wellbeing

Mental wellbeing and

mental illness. Positive and

negative influences

(advertising, the media,

social medial) Promoting

wellbeing. Coping with a

loss or bereavement. Can

we trust everything we see

online? Vaccinations

Living in the Wider World

The Equality Act 2010 and

protected characteristics.

Homophobia, transphobia,

sexism and sexual

harassment.

Understanding gender

identity, gender expression,

sexual orientation and sex

assigned at birth.

How laws are made

and the powers that

police have.

Misconceptions

around sentencing and

the rights young

people have within the

criminal justice system.

Ethical consumers

(How the choices

we make as

consumers affect

others' economies

and environments).

Influences on

decision making

Skills for Success

Preparing for create a positive learning space and effective revision techniques.



Relationships and Sex Education Positive healthy relationships.

Skills for Success

Strategies for

managing the

transition from

KS3 to KS4.

Consent. Contraceptive pill and condom. Long term consequences of unprotected sex (pregnancy). Unhealthy relationships. County lines, grooming, exploitation and coercion. Abuse and harassment.

Budgeting

Evaluating value for

money

Consequences of

making financial

decisions. Risks

associated with

debt, including

online scams.



Staying Safe Basic first aid skills.

Handling emergency situations Reasons for taking legal and illegal drugs. Legal consequences of possession, intent to supply and supply. The risks of carrying a knife, knife crime and

joint enterprise.

Living in the Wider

World - The

Equality Act 2010

and protected

characteristics.

Banter vs bullying.

Recognising

discrimination and

how to respond.



Citizenship Human rights, rights of the

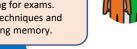
child. Protecting our rights. Migration. Asylum seekers and refugees.

Finance

Wants vs needs. Spending influences. Budgeting. Payment methods Borrowing and saving

Skills for Success Preparing for exams.

Revision techniques and improving memory



Relationships and Sex Education The qualities and behaviours

in healthy relationships (including families and friendships). Warning signs of an unhealthy relationship. The role of parents within a family. Ways to resolve conflict. Why the media portrayal of relationships may not reflect real life.

Staying Safe

Effects of

alcohol, smoking

and vaping,

caffeine and

drugs. The law

and school

policy. Peer

pressure.



Health and Wellbeing Healthy lifestyles (eating,

exercise, and sleep). Consequences of an unhealthy lifestyle. Accessing medical services and patient rights. Mental wellbeing and self-esteem. Body image, impact of social media and the online world.



Relationships and Sex Education Managing puberty.

Skills for Success

Resilience and

learning from our

mistakes. Fixed

and Growth

mindset. The

power of practice.

Attraction and sex, including male and female reproductive systems. Gender identity and sexuality. Unwanted contact, including FGM. Online safety including sending nudes. Healthy relationships.



Citizenship

Government and

parliament. The

electoral system in

the UK including

manifestos, policy,

political parties.

Living in the Wider World

Community. Diversity, discrimination, prejudice, stereotypes and all forms of bullying. Empathy. Actions and consequences. The Equality Act 2010 and protected characteristics



Transition to secondary school managing feelings and changing friendship groups. Learning behaviours and school rules. The meaning of resilience and why making mistakes is important.

Skills for Success

PDT: Personal Development Time

