CHRIST'S COLLEGE, SUNDERLAND
Emmanuel Schools Foundation

PSHE Big Picture (Including Relationships and Sex Education)

PSHE Curriculum Map						
Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	**Managing Self** Settling in - rules and routines Manage own needs - Personal Hygiene **Pupils learn:** **<u>Week 1 Consent – Pantosaurus</u>** To give focused attention, respond appropriately and show an ability to follow instructions involving several ideas or actions. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.	**Building Relationships** See themselves as individuals and build constructive and respectful relationships **Pupils learn:** **Work and play cooperatively and take turns with others.** **Form positive attachments to adults and friendships with peers.** **Show sensitivity to their own and to others' needs.**	**Self-regulation** Identify and moderate feelings socially and emotionally **Pupils learn:** **Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.** **Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.**	**Building Relationships** Express feelings and consider the feelings of others. Think about themselves and the perspective of others **Pupils learn:** **To listen attentively and respond to what they hear with relevant questions, comments and actions.** **Work and play cooperatively and take turns with others.**	**Managing Self** Know about health and well being **Pupils learn:** **The importance of regular physical** **activity** **Healthy eating** **Toothbrushing** **Sensible amounts of screen time** **Having good sleep routines** **Being a safe pedestrian**	**Self-regulation** Show resilience and perseverance **Pupils learn:** **Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.** **Explain the reasons for rules, know right from wrong and try to behave accordingly.**
Vocabulary						
1	**Health and Wellbeing** **<u>Identity and feelings</u>** **Pupils learn:** **<u>Week 1 Consent – Pantosaurus</u>** **<u>then</u>** • about who they are and why they are unique • growing and changing • what feelings are	**Relationships** **<u>My relationships</u>** **Pupils learn:** • Showing respect • Polite words • Sharing and taking turns • Being helpful • Being Kind	**Living in the wider world** **<u>Safety, rules and jobs</u>** **Pupils learn:** • About rules • Online world and safety • Jobs and skills • Strengths and interests • Jobs and skills	**Health and well being** **<u>Staying Healthy</u>** **Pupils learn:** • Keeping clean • Healthy teeth • Fun in the sun • Healthy food • Eating well • Keeping fit and healthy	**Relationships** **<u>Safe relationships</u>** **Pupils learn:** • People who care for them • What is a family ? about different types of family and how their home-life is special. (*Some children have two mummies, some have two daddies, some might have just a mum or just a*	**Living in the wider world** **<u>Our environment</u>** **Pupils learn:** • Caring for living things • Recycling • Plastic and pollution • Global warming • My classroom community

	• Feelings and loss • Playing and learning • staying safe in familiar situations and personal safety	• Getting hurt	• Welcoming everyone		*dad. Reference will always be made to what Christianity teaches.)* • Family and them • All about bodies • My body belongs to me • Asking for permission	• Community helpers
Vocabulary	**Interests , strengths, unique , baby , child , toddler , teenager, adult , elderly , feelings, emotions , body language, change, loss , playing, imagination, learning, indoor play, outdoor play , fear , danger, safe stranger, uniform , police officer, firefighter. Age ratings**	**Respect, respectful, disrespectful, please, thankyou, excuse me, polite, respect, ungrateful, rude, sharing, fair, taking turns, helpful, unhelpful, citizen , kind, caring hurt, brave**	**Rules, , online, laptop, digital device , online safety, internet, tablet , online shopping , strengths, interests, unique , venn diagram , likes, dislikes , jobs, welcome, included, diversity**	**Hygiene, routines, dentist, toothbrush, toothpaste, cavity, dental floss , vitamin D UV rays , sunscreen , energy, protein, vitamins, dairy , fat , moderate exercise, physically active**	**Love , kindness, care , family, blended family, foster family, guardian, adopted, celebrations, religious festivals, private, genitals, penis , scrotum , vulva, nipples ,navel, wanted touch , unwanted touch , private parts, permission,**	**Living things, endangered animals, needs, responsible, Recycling, metals, plastics, paper, landfill, reduce, reuse, recycle, plastic , pollution, rivers oceans , global warming , temperature, plastic, green energy, coal, oil , community , community helpers, salary , job**
2	**Living in the wider world** **<u>Money</u>** **Pupils learn:** **<u>Week 1 Consent – Pantosaurus then</u>** • What is money? • Ways to pay • Earning Money • Saving and spending • Wants and needs	**Health and wellbeing** **<u>Staying Healthy</u>** **Pupils learn:** • Healthy habits • All about teeth • Sleep routines • Medicines • All about feelings • BIG feelings	**Relationships** **<u>Friendships</u>** **Pupils learn:** • Making Friends • Being a good friend • Playing with others • Working with others • Manners and respect • Resolving conflict	**Living in the wider world** **<u>My community and online safety</u>** **Pupils learn:** • What is the internet? • Personal data • Online safety • Online information • Belonging to a community • Same/different (diversity)	**Health and Wellbeing** **<u>My body, safety and risk</u>** **Pupils learn:** • Human life cycle • Brilliant bodies • Safety and risk • Safety at home • Road safety • Accidents and emergencies	**Relationships** **<u>Hurtful behaviour</u>** **Pupils learn:** • Feeling lonely • Bullying • Unkind words • Kindness • Secrets and surprises
Vocabulary	**Money, currency, banknote, barter system , cash , coins, pounds sterling, debit card, credit card, contactless, mobile pay job, bank, salary , prize, gift , chores , pension, interest spending, sharing, saving want , need , foodbank m**	**Healthy, unhealthy, habit , active , toothbrush, toothpaste, floss, dentist, enamel, cavity, dentine, pulp, nerves, blood vessels, bedtime routine, sleep, relax, inhaler, antibiotics, allergy medicines cough medicine, pain medicine , feelings, emotions , , big feelings , worry ,**	**Friend, shy , breaking the ice , sharing , taking turns , polite compromise, rules , teamwork, leader, conflict, listening , cooperation , cooperate, respect, kindness, manners , the golden rule, apologise,**	**Internet, online , digital device, tablet , computer, personal data, online profile, online safety , SafeSearch, advert, popup, community, rules, refugee, same different, diversity, unique,**	**Human life cycle, baby, child, adolescent, adult, elderly, private, penis, vulva, testicles, swimwear rule. Safety, risk, dangerous, environment, hazards, fire alarm, medicine, cleaning products, road safety, pedestrian crossing, pelican crossing, puffin crossing, toucan crossing,**	**Lonely, left out, kindness, bullying, mean words, hurtful behaviour, unkind words, hurt feelings, kind gestures, being thoughtful, secret, surprise, unsafe touch,**

					zebra crossing , emergency, emergency services , choking , breathing difficulties, injured, unwell, police , fire , ambulance,	
3	**Health and wellbeing** **<u>Identity</u>** **Pupils learn:** **<u>Week 1 Consent – Pantosaurus then</u>** • Feelings and me • Resilience and self esteem • Exercise and wellbeing • Personal identity • Strengths and interests	**Relationships** **<u>Caring relationships</u>** **Pupils learn:** • Role models • Manners and politeness • Family and Me • People who care for me • Caring for others	**Living in the wider world** **<u>Careers</u>** **Pupils learn:** • Jobs and sectors • Careers and skills • Targets and goals • Career routes • Stereotypes	**Health and wellbeing** **<u>Healthy choices</u>** **Pupils learn:** • Personal safety and risk • Fire safety • Healthy eating • What is a habit? • Healthy choices	**Relationships** **<u>Respect and boundaries</u>** **Pupils learn** • Seeking permission • Privacy and boundaries • Friendship boundaries • Respectful behaviour • Bullying and hurtful behaviour	**Living in the wider world** **<u>Rules, laws and rights</u>** **Pupils learn:** • Rules and laws • Rights and responsibilities • E-safety • Age -appropriate content • Why is the news important?
Vocabulary	**Happy, Silly , happy, focussed, sad , bored , angry , content , relaxed, scared , anxious , calm , disgusted , confused , devastated , frustrated , excited , high self esteem , setback , resilience , low self esteem frustration , physical wellbeing , stress, anxiety , exercise , mental wellbeing , personal qualities , interests , values, ethnicity , identity ,**	**Role model , respectful behaviour, manners , polite, please, thankyou , excuse me , pardon me , you're welcome , two parent family , single parent family , blended family , foster family , compassion, empathy , justice , kindness, support ,**	**Career, job, qualifications, sectors, soft skills, hard skills, teamwork, time management, leadership, listening, communication skills, goal, target, SMART targets, achievements, skill, outcome, qualification, degree, apprenticeship, further education, higher education, stereotypes, gender stereotypes, positive stereotypes, negative stereotypes, sexism**	**Safety, risk, hazard, smoke alarm, fire extinguisher, fire blanket, escape route, junk food, balanced diet, protein, fibre, habits, saturated fats**	**Consent, permission, privacy, boundaries, personal boundaries, friendship boundaries, respectful mis behaviour, bullying, hurtful behaviour, upstander, bystander,**	**Law, illegal, government, caution, punishment, rights, responsibilities, human rights, reliable, reliability of information, age rating, news, fake news, the media, reliability, misinformation**
4	**Living in the wider world** **<u>Money</u>** **Pupils learn:** **<u>Week 1 consent – Pantosaurus then</u>** • Value for money • Responsible spending • Keeping track of money • Gambling and risk • What is advertising?	**Health and wellbeing** **<u>Health</u>** **Pupils learn:** • allergies • Germs and illness • Vaccinations • Drugs and medicines • Habits and addiction	**Relationships** **<u>Online safety</u>** **Pupils learn:** • Communicating online • Cyberbullying • Harmful content/contact • Hurtful behaviour • secrets	**Living in the wider world** **<u>Community</u>** **Pupils learn:** • Fake images • Digital footprint • Diverse communities • Racism • Prejudice & discrimination	**Health and wellbeing** **<u>Puberty</u>** **Pupils learn:** • Staying healthy • Growing up girls • Growing up boys • Changing emotions • Personal hygiene • to answer each other's questions about puberty with confidence, to seek support and advice when they need it.	**Relationships** **<u>Relationships</u>** **Pupils learn:** • Committed relationships • Honesty and trust • Positive friendships • Dares and challenges • Respecting difference

					Scientific vocabulary taught: *Penis, Breasts, Vagina, testicles, wet dreams, menstruation, hormones, periods, ovum, sperm, pubic hair, male and female, sex as in gender.*	
Vocabulary	**Price, quality, budget, branding, value, fairtrade, charity, eco-friendly produce, single use plastic, organic produce , budget, debt, rent, bills, loan, interest , gambling, addiction, lottery, risk advert, pop up , cookie, paid placement, clickbait,**	**Hay fever, allergic reaction, symptoms, nasal sprays, epi-pen anti-histamine anaphylaxis, germ, infection, hand sanitiser, contagious, immunity , symptoms, genes, rickets, bacteria, viruses, fungi, parasites, vaccination, immune, antibodies, drugs, medicines, legal, illegal, addiction, habit, dopamine,**	**Emoji, informal, communication, cyberbullying, social media, online content, blocking, unfollow, age restrictions, secrets , cipher ,**	**Fake news, advertising, misinformation, photoshopped, deepfake, digital footprint, community, diversity , volunteering , compassion, teamwork, racism, prejudice, discrimination, identity , diversity , stereotypes**	**Womb, breasts, ovaries, hips, vagina, thighs, vulva, pubic area, penis , testes, erections, wet dreams ,**	**Marriage, cohabitation, committed relationship, civil partnership, divorce, trust, honesty , friendship, tonic , toxic, dare , challenge, risk , diversity , differences**
5	**Living in the wider world** **<u>Careers and Media awareness</u>** **Pupils learn:** **<u>Week 1 Consent – Pantosaurus then</u>** ● Internet and screen time ● Age restrictions ● Careers and stereotypes ● Fake news ● Fireworks and bonfires	**Health and wellbeing** **<u>Wellbeing and emotions</u>** **Pupils learn:** ● Understanding emotions ● Feelings and emotions ● Self-esteem ● What is mental health? ● FGM introduction	**Relationships** **<u>Relationships, identity and online safety</u>** **Pupils learn:** ● Caring for babies ● Gender identity ● Online behaviour and risk. ● Stranger danger	**Living in the wider world** **<u>The environment</u>** **Pupils learn:** ● Success and achievement ● Responsibility ● Courtesy and manners ● Change, grief and loss ● The environment	**Health and wellbeing** **<u>Healthy choices and first aid</u>** **Pupils learn:** ● Healthy habits ● Sleep hygiene ● Sun Safety ● Medicines/product safety ● First aid	**Relationships** **<u>Behaviour, respect and friends</u>** **Pupils learn:** ● Behaviour and respect ● Feeling left out ● Friendships ● Peer pressure ● Loving and stable families
Vocabulary	**Dopamine, focus, circadian rhythm, addiction, melatonin, age restriction, online predator, exploit, age appropriate content, stereotype, employee, salary, career self employed , fake news , propaganda, advertisement, bias, fireworks, sparkler, nylon, rocket**	**Happy, Silly , happy, focussed, sad , bored , angry , content , relaxed, scared , anxious , calm , disgusted , confused , devastated , frustrated , excited , high self esteem , setback , resilience , low self esteem frustration , physical wellbeing , stress, anxiety , exercise , mental wellbeing , personal qualities , interests , values, ethnicity , identity , body image, CBT, nutrient, protein, wholegrain ,symptom , Elder, community, rite of passage, genitals,**	**Newborn, breast milk, formula, nutrition ,caregivers, nappy rash, sudden infant death syndrome (SIDS) non binary, sex, gender identity, pronoun, transgender , antisocial, hate speech, prosecuted, grooming, online disinhibition effect, anonymous, trolling , predators, stranger, clever, never goes, safe strangers , personal information, yell, kick and scream, lying**	**Strengths, weaknesses, competitor , achievements, goals, responsibility ,opportunity , polite, etiquette, social norms, good manners, common courtesy, anxiety, loss, mixed emotions, transition, come to terms, sustainability , fossil fuels, deforestation, renewable energy**	**Nutrients , moderate exercise, carbohydrates, obese, protein, fibre, habits, saturated fats, sleep hygiene, infographic, sun safety, vitamin D UV rays , sunscreen , energy, protein, vitamins, dairy , fat , physically active, first aid , CPR, recovery position, antihistamine cream**	**Respect, appreciation, lonely, supportive, excluded, inclusive, friend, shy, anxiety, compliment, a good listener, indirect, positive, spoken, direct, negative nuclear family, blended family, single sex family , love, security, neglect ,**
6	**Health and wellbeing** **<u>Physical health</u>**	**Relationships** **<u>Safe relationships</u>** **Pupils learn:**	**Living in the wider world** **<u>Diversity and privacy data</u>**	**Health and wellbeing** **<u>Puberty, drugs and alcohol</u>**	**Relationships** **<u>Bullying</u>**	**Living in the wider world** **<u>Money</u>**

	Pupils learn: **<u>Week 1 Consent – Pantosaurus then</u>** ● Healthy living ● Being healthy ● Dental hygiene ● Germs, bacteria and viruses	● Positive relationships ● Disagreeing respectfully ● Family and commitment ● Love and abuse ● Online gaming safety	**Pupils learn:** ● Help and advice ● Identity and community ● Diversity in the UK ● Social media ● Online privacy and data	**Pupils learn:** ● Body image ● Girls' puberty ● Boys' puberty ● Hormones and emotions ● FGM ● Mental health ● Alcohol ● Drugs *Scientific vocabulary taught:* *Penis, Breasts, Vagina, testicles, wet dreams, menstruation, hormones, periods, ovum, sperm, pregnant, pregnancy, gestation, erection, testicles, foetus, fertilisation, pubic hair, male and female, sex as in gender.* Other vocabulary taught: homosexual, LGBTQ: Lesbian, gay, bisexual, transgender, queer/questioning. **Sex Education** *Parents can withdraw children from these lessons – please consider the guidance in our policy before doing so* and the process for doing so. ● some myths and misconceptions about HIV, who it affects and how it is transmitted ● about how the risk of HIV can be reduced ● that contraception can be used to stop a baby from being conceived. ● How some cultures adopt the practise of FGM and the impact on women's health. How this practise is illegal in the UK. Children will	**<u>Sex education</u>** **Pupils learn:** ● What is bullying? ● Bullying or teasing? ● Consent ● Attraction ● Human reproduction *Additional non-statutory Scientific vocabulary taught*:* *Contraception, conception, sexual intercourse, sexually transmitted disease, HIV, clitoris. Female genital mutilation (FGM)* ● *Reference will always be made to what Christianity teaches.	**Pupils learn:** ● What is money ● Attitudes towards money ● Personal safety and hazards ● Transition

				understand this is a cultural practice that is undertaken by a very small minority of Muslims in Africa and that it is not a teaching of Christianity.		
Vocabulary	**Healthy living , food groups , exercise, eat well , dental hygiene, infection, antibiotic contagious, virus, bacteria, germ,**	**Cyber -bullying , online predator, domestic abuse, respect, marriage, civil partnership, love , abuse, identity theft, scam, online gaming ,**	**Bartering, goods, services, citizen, diversity, FOMO, privacy, identity theft, IP address, data, online predator, Diversity can include race, ethnicity, gender, sexuality, social and economic backgrounds, religious beliefs**	**Body image, breast buds, BO , Discharge, the menstrual cycle, acne, semen, hormones, erection, mental health, mood swing, depression, puberty, hormones, symptoms, panic attack, mood swing, appetite, endorphins, alcohol, intoxicant, drunk, stimulant, drug, depressant, legal, illegal, high, intoxicated,**	**Bullying , teasing, personal space, physical contact, uncomfortable, consent, inappropriate contact, crush, sexual orientation, gender identity, emotional attraction, romantic attraction , sperm, egg, fertilize, embryo, foetus, penis, vagina, ejaculate, sexual intercourse, puberty**	**Bartering, goods, services, wants, needs, mis-spend, The SAFE rule, Electrocution , level crossing , hypothermia, urban, staying aware , transition , peer group , anxiety,**
Y7	**Welcome to Christ's and Healthy Minds:** **How do I make the best start at Christ's?** Starting secondary school can be a challenging transition. It is important that we support you in developing the skills that will help you succeed at Trinity. These skills range from being organised, responding to feedback, joining extra curricular activities to following the behaviour policy. You mental health is also an important part of being successful. Mental health is about looking after your mind. A person with positive mental health is someone who can manage their emotions on a daily basis. **Key Vocabulary: mental health, positive mental health, negative mental health, growth mindset**	**Healthy Relationships:** **What makes a positive relationship?** There are many different relationships you may experiences throughout your life, such as, platonic, romantic, intimate, familial and professional. A positive friendship should involve trust, loyalty, kindness and fun. A negative friendship may involve violence, insults, lack of trust and peer pressure. Bullying comes in 3 main categories – physical, verbal and cyber. Bullying has severe consequences on both the victim and the bully. **Key Vocabulary: relationship, healthy relationships, unhealthy relationships, bullying, cyber bullying, verbal bullying, physical bullying**	**Living in the Wider World:** **How can I support my local community?** Our local community could be classed as Pennywell, which is local ward of Sunderland. Sunderland is a part of the wider North East region which includes the region from Teeside to Northumberland. Julie Elliott is currently the Member of Parliament for the our area. She is a member of the Labour Party. It is important to play a part in your local community to help support the area. You could do this by volunteering for charities and clean up projects. **Key Vocabulary: local community, MP, borough, charity, support, citizen**	**Health and Wellbeing:** **How does puberty impact me?** Puberty is the process of the body changing. It starts because of hormones in the body Everyone starts puberty at different ages. It usually starts between 8-13 if you're a girl and 9-14 if you're a boy. It can take up to 4 years for all the changes to happen, but sometimes it can be quicker. Some examples of girls' changes: Breasts may grow, periods may start, spots and acne, hair may get greasier, body changes shape. Some examples of boys' changes: Facial hair, deeper voice, testicles lower and spots and acne.	**Health and Wellbeing:** **How can I keep myself healthy?** To keep healthy its important to make the right choices for our body. This can include choices around food, drinks, exercise, sleep and substances. In 2017 30% of children ages 2 – 16 were classified as overweight or obese. You should aim for at least 30 minutes of exercise per day to maintain a healthy active lifestyle. Statistics in 2018 stated that over 66% of children attending secondary school do not get enough sleep. For a child ages 6-13 they should be getting around 8 hours sleep a night. **Key Vocabulary: physical health, diet, exercise, sleep deprivation, caffeine, addiction**	**Living in the Wider World:** **Why is budgeting important?** A good education makes an individual develop personally, socially and economically. It helps you build new skills that will support you in your life. Statistics say that a person with a university degree generally earns around 30% more than a person without a degree. On average you need to gain 5+ GCSE's but many people achieve 9+ GCSEs. Budgeting is also a key skill needed in life. Budgeting is about making good money decisions. **Key Vocabulary: education, aspiration, goal, budgeting, finances, loan shark, gambling**

				Key Vocabulary: puberty, hygiene, hormones, menstration		
Y8	**Health and Wellbeing:** **How do I look after my mental well being?** 1 in 5 young people suffer from mental illness. Not looking after your mental well being can lead to poor concentration, worrying and anxiety, consistent low moods and feeling overwhelmed by daily activities. People with mental health problems say that the social stigma attached to mental ill health and the discrimination they experience can make their difficulties worse and make it harder to recover. Instagram is found to be the form of social media that has the biggest negative impact on a persons mental well being. **Key Vocabulary: wellbeing, physical wellbeing, mental wellbeing, stigma, sterotypes, discrimination**	**Healthy Relationships:** **How do I identify and challenge discriminative behaviours?** In 2018/19, there were 103,379 hate crimes recorded by the police in England and Wales The majority of hate crimes were race hate crimes, accounting for around three-quarters of offences (76%; 78,991 offences). In 2013, one in six LGBT+ adults had experienced a hate crime or incident in the last 3 years. People who commit hate crimes towards any group in society can face up to 7 years in prison. Examples of hate crimes are, hate speech, destruction of property and physical violence. **Key Vocabulary: racism, homophobia, sexism, transphobia, ableism**	**Living in the Wider World:** **What opportunities are out there?** In 2010 the Equality Act was created. This was the tackle discrimination in the work place. This law fights to ensure that everyone is on a 'level playing field' when it comes to pay, promotions and other work benefits. In the UK around 1.56 million people are unemployed. In the UK around 3.3 million people are self employed. The average salary in the UK is £29,000 a year. The minimum wage for 16 year olds is £4.55 an hour. **Key Vocabulary: equality of opportunity, employment, self-employment, voluntary, labour market index**	**Health and Wellbeing:** **How can my lifestyle choices impact my health?** In 2018 4,359 people died from drug poisoning in the UK. Smoking is the leading cause of premature (early) death, killing 78,000 people in England each year. E-Cigs contain some of the harmful chemicals that are found in cigarette smoke. Side effects of drinking energy drinks include - fast heartbeat, difficulty sleeping, headaches, feeling sick, diarrhoea, chest pains and seizures. Peer pressure is reported to be one of the main reasons young people try intoxicants such as drugs, smoking and e-cigs. **Key Vocabulary: overconsumption, medicinal, recreational, addiction, intoxicant, peer pressure**	**Healthy Relationships:** **How do I maintain a healthy and safe relationship?** A healthy relationship should consist of Communication, Compromise and Commitment. Within this each person in the relationship should be honest, trusting, rand respectful. It is illegal to have explicit images of someone under the age of 18 on your phone. This includes if the images are of yourself. This can result in a prison sentence of up to 10 years. Around 3.6 million people in the UK identify as homosexual (gay or lesbian). The Office for National Statistics estimates that there are between 200,000 – 500,000 trans people in the UK. **Key Vocabulary: heterosexual, bisexual, homosexual, consent**	**Living in the Wider World:** **How do I keep myself safe online?** The UK are currently arresting around 400 adults a month, relating to online grooming. In the UK alone, it iestimated there are 800,000 people who present a sexual threat to children online. 11% of 11-16 year olds say they spend their own money on gambling activities each week. 45% of adults in the UK believe they encounter fake news everyday. There are around 200 million monthly engagements with fake news stories on Facebook. **Key Vocabulary: grooming, fake news, public sharing, private sharing,**
Y9	**Health and Wellbeing:** **What is gang culture?** Joint Enterprise means that if your presence, knowledge or actions lead to a serious crime such as murder, you too could be charged with murder. The maximum penalty for an adult carrying a knife is 4 years in prison and an unlimited fine.	**Healthy Relationships:** **How do I maintain positive family relationships?** A family is a group of people who are related to one another by blood, marriage or a strong common bond. Family conflict is the struggle or disagreement between parents, parent and child or other members of the family.	**Living in the Wider World:** **What are my options for the future?** According to Career Planner, there are approximately 12,000 different careers! Employers look at a person's qualifications alongside their skills, hobbies and interests.	**Health and Wellbeing:** **What are the implications of drinking alcohol?** It is illegal to sell alcohol to under 18s. It is also illegal for an adult to buy alcohol on behalf of someone under 18. Alcohol can have a range of damaging effects on a	**Healthy Relationships:** **How do I keep myself safe in an intimate relationship?** People must be 16 or over to legally consent to sex. The age of consent is the same regardless of gender or sexual orientation. It is crucial that both people engaging in sexual activities provide consent.	**Living in the Wider World:** **What systems are in place to keep society fair and just?** Britain is a democracy. The people elect representatives, known as Members of Parliament (MPs) to reflect their views in Parliament. Parliament is the highest law-making body in the

	There are four different categories of drugs: socially acceptable (e.g. alcohol), prescribed drugs (e.g. penicillin), over the counter medicines (e.g. cold and flu tablets) and controlled drugs (e.g. heroin). Controlled drugs as classified: Class A, Class B and Class C. **Key Vocabulary: gang, joint enterprise, controlled drugs, stimulant, depressant, hallucinogen**	Men and women can be victims of domestic abuse. There are many different types of abuse including physical, emotional, sexual, psychological and financial. The signs of abuse are not always visible. **Key Vocabulary: nuclear family, blended family, same-sex family, adoption, fostering, divorce, domestic abuse**	After aged 16 students are able to progress to Further Education or an Apprenticeship. Further Education may involve attending college or sixth form. At aged 18, students are able to progress to higher education, often at a university, where they work towards a degree level qualification. **Key Vocabulary: career, transferrable skill, further education, apprenticeship, higher education, student finance**	person's health including their liver and heart. Healthy eating promotes positive body confidence. Regular self-examination is important to detect the early signs of cancer. We must take responsibility for our physical health including maintaining a healthy diet, exercising regularly and ensuring we get enough sleep. **Key Vocabulary: alcoholism, anorexia, bulimia, self-examination, sleep deprivation, balanced diet**	There are a range of contraceptives which prevent against pregnancy. Only a condom can prevent against STIs. If a person falls pregnant there are three options: having the baby, adoption and abortion. It is illegal to share explicit images of children. **Key Vocabulary: consent, STI, contraception, condom, combined pill, abortion, sexting**	land. It is made up of the House of Commons and the House of Lords. There are three main types of court in the UK: Magistrates, Youth and Crown. The criminal age of responsibility in the UK is 10. This means children under 10 can't be arrested or charged with a crime. **Key Vocabulary: democracy, parliament, political party, election, monarchy, court, human rights**
Y10	**Health and Wellbeing:** **How can I look after my own mental health?** Britain is a democracy. The people elect representatives, known as Members of Parliament (MPs) to reflect their views in Parliament. Parliament is the highest law-making body in the land. It is made up of the House of Commons and the House of Lords. There are three main types of court in the UK: Magistrates, Youth and Crown. The criminal age of responsibility in the UK is 10. This means children under 10 can't be arrested or charged with a crime. **Key Vocabulary: mental health, resilience, anxiety,**	**Healthy Relationships:** **How do I keep myself safe in an intimate relationship?** The Sexual Offences Act 2003 states that a person has consented 'if she or he agrees by choice and has the freedom and capacity to make that choice'. The law outlines that it is legal to watch or buy pornography when you are 18 or older, with some exceptions. Victim blaming increases crime, prevents victims from coming forward and creates a culture which condones sexual violence. Not all people choose to enter into sexual relationships. Some choose abstinence or celibacy. **Key Vocabulary: physical intimacy, consent, pornography, victim blaming, abstinence, celibacy**	**Living in the Wider World:** **How do I make sensible financial choices?** There are a variety of different types of savings accounts. Each provide different rates of interest. You can apply for a mortgage to help you buy property. Income tax is levied on personal income. The amount you pay depends on your earning. In order to borrow money, apply for a credit card or apply for a mortgage, you need to have a good credit rating. More than £190,000 a day is lost in the UK by victims of cyber-crime, police statistics show.	**Living in the Wider World:** **How does the British legal system work?** The UK has a parliamentary democracy system. The public elect Members of Parliament to represent them in Parliament. There are three branches of government: the legislature, the judiciary and the executive. There are many different electoral systems. For General Elections in the UK we use First Past the Post. In Britain, our human rights are protected by the Human Rights Act 1998. Political activism can take many forms from writing to your MP to joining a protest.	**Health and Wellbeing:** **How do I keep myself safe around external pressures?** Gangs are groups brought together by a common bond or shared interests. Media perceptions of most gangs is usually negative. Taking drugs or drinking too much alcohol can impact on your personal safety and health. Child criminal exploitation (CCE), also known as County Lines, is increasing in the UK. It is believed there are 50,000 children involved in England. There are a range of rehabilitation facilities available to support those who are addicts.	**Healthy Relationships:** **How do I protect myself against radicalisation?** The government established the Prevent strategy to stop people becoming terrorists or supporting terrorism. The Equality Act 2010 makes it unlawful to discriminate against, harass or victimise someone on the basis of a protected characteristic. **Key Vocabulary: extremism, radicalisation, discrimination** **Living in the Wider World:** **What are my responsibility regarding my future employment?** When entering a workplace environment, it is important you

	depression, stress, negative thinking		**Key Vocabulary: mortgage, taxation, debt, credit rating, cybercrime**	**Key Vocabulary: constitution, executive, judiciary, legislature, first past the post, human rights**	Emergency first aid skills could help you save another person's life. **Key Vocabulary: county lines, antisocial behaviour, substance abuse, recovery position, CPR, AED**	understand the health and safety requirements. Employers will most likely review your social media profile. Make sure it is professional! **Key Vocabulary: digital footprint**
Y11	**Living in the Wider World** **How can I prepare myself for my next steps?** There are three main routes open at post-16 level: A Levels, vocational courses and an apprenticeship or traineeship. It is important that when you consider your post-16 options that you also think about your long term aim. For example, if you want to be a doctor, you will need to do specific subjects at A Level. A CV provides an overview of your personal details, educational background and employment history. Ensure your CV presents the best version of yourself. Check it carefully for mistakes. **Key Vocabulary: A-Levels, vocational courses, apprenticeships, CV**	**Health and Wellbeing:** **How do I look after myself during exams?** A survey sent out across England found that teenagers find the following to be their biggest stressors: homework/exams, conflicts with parents, friends, getting into a good college, body image and dating. When people are suffering with exam pressure their minds may start to think negative ideas such as 'Everyone is smarter than me and I'm going to fail". Physical signs of exam stress can also be shaking, trouble sleeping and upset stomachs. Improving your time management can support you during exam time. It can help you prioritise your time and create a revision planner. **Key Vocabulary: revision, retrieval practice, exam pressure, time management, procrastination**	**Healthy Relationships:** **How do I prepare myself for situations that may occur pre-adulthood?** The average age in the UK for first time mothers to have a baby is 28. The average amount of children people have in the UK is 1.7. The basic cost of raising a child until they are 18 is around £74,333 for a couple. If you paid for child care during this time it would be around £155,582. In 2017 there were around 17,000 women under 18 that got pregnant. It is estimated that around 1 in 7 heterosexual couples will experience fertility problems in the UK. In 2019, around 205,295 abortions took place in England and Wales. **Key Vocabulary: parenthood, miscarriage, abortion, adoption, bereavement, grief**	**Living in the Wider World:** **What is equality?** A UK survey found that people between the age of 10 – 73 have experienced stalking. The victims were both men and women and all had different backgrounds. Examples of stalking include following a person, appearing at a person's home or place of business, making harassing phone calls, leaving written messages, or vandalising a person's property. Some examples of exploitation young adults may experience are sexual, labour and domestic. Forced marriage is illegal in the UK and is punishable by a prison sentence of up to 7 years. **Key Vocabulary: stalking, harassment, exploitation, marriage, forced marriage, coercion**	**Health and Wellbeing:** **How do I look after my mental health?** There are a number of different services you can visit to ensure you are looking after your physical health. For example the doctors, opticians, sexual health clinics and dentists. It is recommended that you visit the dentist every 6 months and the opticians every two years if you wear glasses or contact lenses. It is important to self examine your body so you can notice any changes. Women are advised to check their breasts once a month and men to check their testicles once a month. This is to familiarise yourself with your body, which will help you spot changes. **Key Vocabulary: screening, self-examination, cosmetic surgery, blood donor, stem donor, organ donor**	