

**KEY** Health and wellbeing Relationships Sex and Relationships Living in the wider world  
 Enterprise and Citizenship Charter opportunities Maritime



**YR7**

**Y7 UNIT 1**

**How can I keep myself safe?**  
How can I keep myself safe at school?  
How can I keep myself safe on the road?  
How can I keep myself safe on the water?  
How can I protect my digital footprint?  
How can I keep myself safe online?  
What is fire safety?



**Y7 UNIT 2**

**How can I keep myself healthy? Part 1**  
How do I achieve positive well-being?  
What is a healthy lifestyle?  
How do I keep my mouth healthy?  
What is healthy eating?  
What do energy drinks do to your body?  
Is exercise really that important?  
Why is sleep important?

**Y7 UNIT 4**

**What is respect?**  
What is respect?  
How can I be a good friend?  
What is family?  
What are our family responsibilities?  
What makes a healthy relationship?  
How do I develop healthy relationships?  
What can I do when I recognise an unhealthy relationship?



**Y7 UNIT 3**

**How can I keep myself healthy? Part 2**  
How do I stay resilient to avoid negative peer influence?  
How do I look after my mental health?  
Why is smoking dangerous?  
How can drugs affect us?  
How can I deal with the physical and emotional changes that I may face during puberty?

**Y7 UNIT 5**

**Social Action. How can I be the change I want to see?**  
What can I do to make a difference to my community?  
How do plastics affect the Ocean and our local community?



**Y7 UNIT 6**

**How does Britain work and how can I prepare for life in the modern world?**  
How can I manage money well?  
How can I pay for things?  
What is our political system?  
What is a general election?  
What are laws and how are they made?



**YR8**

**Y8 UNIT 1**

**How can I keep myself safe?**  
How can I keep myself safe in my community?  
How can I stay safe in a social group?  
What are the consequences of anti-social behaviour on communities?  
Why is digital consent significant?  
How does anonymity and invisibility affect behaviour online?  
How can I use first aid to help others?

**Y8 UNIT 2**

**How can I keep myself healthy? Part 1**  
What is a positive body image?  
Media messages. What are the effects of airbrushing and the media?  
How can I have a positive self-esteem and avoid comparisons?  
Confident me (Dove). How can we banish body talk?  
Celebrating individuality. How can I be a body confidence champion?  
Coping with change. What are healthy/unhealthy coping strategies?  
How can I maintain positive physical and mental health?



**Y8 UNIT 4**

**What is respect?**  
How do we stay true to our values?  
How can we show respect?  
How can we respect differences?  
How can we promote respect online?  
What practical steps can I take to support respectful relationships?  
How can I show respect in my community?

**Y8 UNIT 3**

**How can I keep myself healthy? Part 2**  
How can I maintain a positive wellbeing as a social media user?  
What are attitudes towards drugs?  
What are the risks and legal consequences of drugs?  
What are the health risks associated with substance use and how can you manage the influences of others?  
What are the symptoms and effects of the serious illnesses sepsis and meningitis. How can I support others going through illness?  
Coping with change and loss. How do we manage change and loss?  
How can I manage challenges and change in a positive way? How can having a growth mindset keep me healthy?

**Y8 UNIT 5**

**Social Action. How can I be the change I want to see?**  
How can I make a sustainable business from £10?

**Y8 UNIT 6**

**How does Britain work and how can I prepare for life in the modern world?**

What precious liberties are enjoyed by citizens of the UK?  
How are my rights balanced with my responsibilities?  
Fly the Flag: Will you fly the flag for human rights?  
How does the justice system work?  
Can citizens change laws?  
Should the age of criminal responsibility be changed?  
What are economical wants and needs?  
How can I achieve economic wellbeing?  
How can I make effective financial decisions?  
How can I prepare for future employment?



**YR9**

**Y9 UNIT 1**

**How can I keep myself safe?**  
How do I protect myself?  
What are County lines?  
What strategies can I use to manage my own, and others' online behaviour?  
Am I digitally literate?  
How can I manage risk online?

**Y9 UNIT 2**

**How can I keep myself healthy? Part 1**  
How do new challenges contribute to positive mental health and wellbeing?  
How can we recognise signs of worry and what actions can we take to manage these?  
How do we reframe negative thinking?  
How do we manage challenging feelings and what are healthy ways to cope?  
How do we recognise that someone may have Mental wellbeing issues and what support is available?  
What does self-care actually look like?



**Y9 UNIT 4**

**What is respect?**  
What are respectful relationships? How can we manage conflict at home?  
What is the law around respectful relationships and what is Upskirting?  
How can we respect each other? What strategies can we deploy to resist peer influence?  
What is Diversity?  
How does violent extremism differ from legitimate protest and dissent?  
How do we respond if someone may be being radicalised?

**Y9 UNIT 3**

**How can I keep myself healthy? Part 2**  
How do I recognise and manage risk?  
What are effective negotiation skills?  
Pornography and self-esteem – are they linked?  
What is contraception and sexual health?  
What is sexual responsibility and how do lifestyle choices affect my wellbeing?  
What are Harmful sexual behaviours?  
What are STIs and how can I stay healthy?  
Do I, or don't I? How do I make healthy sexual choices in the future?

**Y9 UNIT 5**

**Social Action. How can I be the change I want to see?**  
How can I support those suffering with Dementia?

**Y9 UNIT 6**

**How does Britain work and how can I prepare for life in the modern world?**

What are the functions and uses of money? What is a personal budget?  
What is fraud?  
What is gambling?  
How do I recognise and manage influences on my financial decisions?  
How do I manage my money?  
What is the law around employment?  
What makes me employable? How can I have an effective CV?  
How can I prepare for work in the modern world?



**KS4**