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	Year group	Character traits	lessons
KS3	Year 7	Authenticity Honesty respect	Year 7 BM 1 Who am I?
			Year 7 BM 2 My influences
			Year 7 BM 3 group identity
			Year 7 BM 6 Who am I really 2 parts to lesson see folder
		Courage Respect Tolerance empathy	Year 7 CD 1 I can challenge prejudice
			Year 7 CD 3 Challenging stereotypes
			Year 7 CD 4 Discrimination at school
		Honesty Respect Resilience courage	Year 7 HM 1 healthy choices
			Year 7 HM 3 healthy choices on substances And Year 7 HM 3 healthy choices on nutrition
			Political parties
		Tolerance Empathy respect	Year 7 R 2 the changing wall of support
			Year 7 R 4 external factors in relationships
			Year 7 R 6 the changing role of families
		Courage ambition	Year 7 DG2 the steps to achieve my goals
Year 7 DG3 coping strategies			
Authentic Tolerance Empathy resilience	Year 7 CM 1 my changing body		
	Year 7 CM 2 image		
	Year 7 CM 6 transition to year 8		

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	Year group	Character traits	lessons
KS3	Year 8	Tolerance	Yr 8 BM 3 family factors
		Empathy authenticity	Yr 8 BM 5 faith and beliefs
		Tolerance	Yr 8 CD 1 how different are we?
		Resilience courage	Yr 8 CD 2 when things go right Citizenship link: discuss how citizens can improve communities by working together
			Yr 8 CD 4 power of persuasion
		Resilience	Yr 8 HM 1 healthy choices on emotional and mental health
		Tolerance	Yr 8 HM 2 healthy choices stress
		Empathy	Yr 8 HM 3 healthy choices substances
		Respect courage	Yr 8 HM 5 healthy choices immunisation
		Respect	Yr 8 R 1 understand that people can all feel a range of emotions
		Authenticity	Yr 8 R 4 being in control of media
		Courage	Yr 8 R 5 being in control of social media
		Honesty	
		Charity empathy	Yr 8 DG 2 money part 1 Citizenship link: functions, uses of money, budgeting and managing risk
			yr 8 DG 3 money part 2 Citizenship link: functions, uses of money, budgeting and managing risk
		Courage	Yr 8 CM 2 stepping out of comfort zone
Honesty	Yr 8 CM 3 doing what scares me		
Resilience	Yr 8 CM 5 putting self in the driving seat		
ambition	Yr 8 CM 6 transition to year 9		

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	Year group	Character traits	lessons
KS4	Year 9	Authenticity	Yr 9 BM 1 what's important to me?
		Resilience	Yr 9 BM 3 me in my peer group
		honesty	Yr 9 BM 4 how our communities perceive us
		Empathy	Yr 9 CD 3 power of positive language
		Tolerance	Yr 9 CD 4 bullying
		Courage	Gang activity article https://www.bbc.co.uk/news/uk-47388890
		respect	
			Yr 9 CD 5 discrimination
			Yr 9 CD 6 prejudice and stereotyping
		Empathy	Yr 9 HM 2 sleep deprivation
		Resilience	Yr 9 HM 3 alcohol
		Ambition	Yr 9 HM 4 substances
		Charity	Yr 9 DEBT lesson in separate folder
			Yr 9 HM 5 lifesaving
ambition	Yr 9 DG 3 my dreams for life		
Authenticity	Yr 9 R 1 power in relationships		
Honesty	Yr 9 R 2 assertiveness and saying no		
Respect	Yr 9 R 4 contraception condoms and phalluses available from RDR this lesson or next		
courage	Yr 9 R 5 consequences of unprotected sex		
resilience	Yr 9 CM 2 mental health and the brain		
Ambition	Yr 9 CM 3 transition to yr 10		

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	Year group	Character traits	lessons
KS4	Year 10	Authenticity Charity tolerance	Yr 10 BM 2 environmental change
			Yr 10 BM 3 cultural change Gang activity article https://www.bbc.co.uk/news/uk-47388890
			Yr 10 BM 4 political change
		Tolerance Respect Honesty authenticity	Yr 10 CD 1 equality
			Yr 10 CD 2 equality in workplace http://www.givewithconfidence.org.uk/workplace-acts-and-laws/
			Yr 10 CD 3 equality in society Yr 10 CD 4 equality in relationships
			Yr 10 FGM
		Empathy Resilience ambition	Yr 10 HM 3 extraordinary bodies
			Yr 10 HM 4 extraordinary minds
			Yr 10 HM 6 what can I change to make me even better
		Empathy Honesty Tolerance resilience	Yr 10 R 1 what constitutes a healthy relationship
			Yr 10 R 2 friendship and peer support
			Yr 10 R 3 challenges to healthy relationships
			Yr 10 R 4 coping with relationship breakdown
		Ambition Courage	Yr 10 DG 1 identify my challenges
			Yr 10 DG 2 plan for success social media
Yr 10 DG 3 plan for success work life balance			
Yr 10 Democracy see separate folder			
ambition	Yr 10 CM 6 transition to yr 11		

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	Year group	Character traits	lessons
KS4	Year 11	Ambition	Yr 11 BM 1 Plotting my year ahead
		honesty	Yr 11 BM 2 not losing the plot
		Authenticity	Yr 11 HM 1 managing anxiety
		Resilience	Yr 11 HM 2 relaxation
			Yr 11 HM 3 better sleep
		Honesty	Yr 11 R 1 privacy settings in relationships
		Authenticity	yr 11 R 2 are these healthy relationships
		Courage	Yr 11 R 4 media influences on relationships
		Tolerance	Yr 11 R 6 Am I ready for a sexual relationship?
		resilience	
		Ambition	Yr 11 DG 5 personal goals
		Courage	Yr 11 DG 6 it's up to you
		honesty	Yr 11 HM 4 exam preparation
			Revision
	revision		

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Physical Health and Mental Wellbeing (secondary)

By the end of secondary school

Mental Wellbeing	
Pupils should know:	
<ul style="list-style-type: none"> • how to talk about their emotions accurately and sensitively, using appropriate vocabulary. • that happiness is linked to being connected to others. • how to recognise the early signs of mental wellbeing concerns • common types of mental ill health (e.g. anxiety and depression). • how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health. • the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness. 	<p>Year 7 BM 2 My influences Year 7 HM 1 healthy choices Year 7 HM 3 healthy choices on substances Year 7 HM 3 healthy choices on nutrition Year 7 R 2 the changing wall of support Year 7 DG1 what are my dreams and goals Year 7 DG3 coping strategies Year 8 BM 3 family factors Year 8 CM 2 stepping out of comfort zone Year 8 HM 1 healthy choices on emotional and mental health Year 8 HM 2 healthy choices on stress Year 8 HM 3 healthy choices on substances Year 8 CM 2 stepping out of comfort zone Year 8 CM 3 doing what scares me Year 9 BM 1 what's important to me? Year 9 BM 3 me in my peer group Year 10 HM 3extraordinary bodies Year 10 HM 4extraordinary minds Year 10 HM 6 what can I change to make me even better Year 10 BM 2 environmental change Year 10 BM 3 cultural change Year 10 BM 4 political change Year 11 BM 1 plotting my year ahead Year 11 BM 2 not losing the plot Year 11 HM 1 managing anxiety Year 11 HM 2 relaxation Year 11 HM 3 sleep Year 11 R 1 privacy settings in relationships Year 11 R 2 are these healthy relationships</p>

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	<p>Year 11 R 6 am I ready for a sexual relationship? Year 11 DG 5 personal goals Year 11 DG 6 its up to you Year 11 HM 4 exam preparation</p>
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<p>Internet safety and harms</p> <ul style="list-style-type: none"> the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image, how people may curate a specific image of their life online, overreliance on online relationships (including social media), the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online. 	<p>Yr 8 R 4 being in control of media Yr 8 R 5 being in control of social media Yr 8 DG 2 money part 1 yr 8 DG 3 money part 2 Yr 9 BM 1 what's important to me Yr 9 BM 3 me in my peer group Yr 9 BM 4 how our communities perceive us Yr 10 R 1 what constitutes a healthy relationship Yr 10 R 3 challenges to healthy relationships Yr 11 R 1 privacy settings in relationships Yr 11 R 4 media influences on a relationships</p>
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<p>Physical health and fitness</p> <ul style="list-style-type: none"> the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress. 	<p>Year 7 HM 1 healthy choices Year 7 DG1 what are my dreams and goals Year 7 DG3 coping strategies Year 8 CM 3 doing what scares me Year 8 HM 5 healthy choices on immunisation Year 9 HM 2 sleep deprivation Year 9 CM 2 mental health and the brain Year 10 HM 3extraordinary bodies Year 10 HM 4extraordinary minds</p>
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	<p>Year 11 R 6 am I ready for a sexual relationship?</p> <p>Year 11 HM 1 managing anxiety</p> <p>Year 11 HM 2 relaxation</p> <p>Year 11 HM 3 better sleep</p>
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Drugs, alcohol and tobacco	
<ul style="list-style-type: none"> • the facts about legal and illegal drugs and their associated risks, including the link between drug use and serious mental health conditions. • the physical and psychological risks associated with alcohol • consumption and what constitutes low risk alcohol consumption in adulthood. • the physical and psychological consequences of addiction, including alcohol dependency. 	<p>Year 7 HM 1 healthy choices</p> <p>Year 7 HM 3 healthy choices on substances</p> <p>Year 7 HM 3 healthy choices on nutrition</p> <p>Year 8 HM 3 healthy choices on substances</p> <p>Year 9 HM 3 alcohol</p> <p>Year 9 HM 4 substances</p> <p>Year 11 HM 1 managing anxiety</p>

Health and Prevention	
<ul style="list-style-type: none"> • the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn. 	<p>Year 7 HM 3 healthy choices on nutrition</p> <p>Year 8 HM 1 healthy choices on emotional and mental health</p> <p>Year 8 HM 2 healthy choices on stress</p> <p>Year 8 HM 5 healthy choices on immunisation</p> <p>Year 10 HM 4extraordinary minds</p> <p>Year 11 HM 1 managing anxiety</p> <p>Year 11 HM 2 relaxation</p> <p>Year 11 HM 3 sleep</p> <p>Year 11 R 6 am I ready for a sexual relationship?</p>

Changing adolescent body	
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<ul style="list-style-type: none"> the main changes which take place in males and females, and the implications for emotional and physical health. 	Year 7 R 2 the changing wall of support Year 7 CM 1 my changing body Year 7 CM 2 image Year 7 CM 3 my changing mind Year 9 BM 1 what's important to me Year 9 BM 3 me in my peer group Year 10 HM 3extraordinary bodies Year 10 HM 4extraordinary minds Year 11 R 1 privacy settings in relationships Year 11 R 6 am I ready for a sexual relationship?
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Families <ul style="list-style-type: none"> how these relationships might contribute to human happiness and their importance for bringing up children. 	Year 7 R 6 the changing role of families Year 8 BM 3 family factors Year 8 R 1 understand that people can feel a range of emotions Year 9 BM 1 what's important to me Year 9 BM 3 me in my peer group Year 11 R 1 privacy settings in relationships Year 11 R 2 are these healthy relationships
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Online and media <ul style="list-style-type: none"> the impact of viewing harmful content. 	Year 8 R 4 being in control of media Year 8 R 5 being in control of social media Year 9 BM 1 what's important to me Year 9 BM 3 me in my peer group Year 9 BM 4 how our communities perceive us Year 11 R 1 privacy settings in relationships Year 11 R 2 are these healthy relationships Year 11 R 4 media influences on a relationships
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Intimate and sexual relationships including sexual health <ul style="list-style-type: none"> that all aspects of health can be affected by choices they make in sex and relationships positively or negatively 	Year 7 R 4 external factors in relationships Year 8 R 5 being in control of social media
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e.g. physical emotional mental sexual and reproductive health and wellbeing.	Year 9 R 4 contraception Year 9 R 5 consequences of unprotected sex Year 10 HM 3 extraordinary bodies Year 11 R 1 privacy settings in relationships Year 11 R 2 are these healthy relationships Year 11 R 4 media influences on a relationships Year 11 R 6 am I ready for a sexual relationship?
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Mental Health and Emotional Wellbeing inc RSE in PSHE

Health and Wellbeing	
Pupils should have the opportunity to learn:	Year 7 BM 1 Who am I?

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- to recognise their personal strengths and how this affects their self confidence and self-esteem
- to recognise that the way in which personal qualities, attitudes, skills and achievements are evaluated by others, affects confidence and self-esteem
- to be able to accept helpful feedback or reject unhelpful criticism
- to understand that self-esteem can change with personal circumstances, such as those associated with family and friendships, achievements and employment
- the characteristics of mental and emotional health and strategies for managing it; to manage growth and change as normal parts of growing up (including consolidation and reinforcement of key stage 2 learning on puberty, human reproduction, pregnancy and the physical and emotional changes of adolescence)
- the importance of balance between work, leisure and exercise
- what constitutes a balanced diet and its benefits (including the risks associated with both obesity and dieting)
- what might influence their decisions about eating a balanced diet
- how the media portrays young people, body image and health issues and that identity is affected by a range of factors, including the media and a positive sense of self
- about eating disorders, including recognising when they or others need help, sources of help and strategies for accessing it
- ways of recognising and reducing risk, minimising harm and getting help in emergency and risky situations
- about how to access local health services

KS4

- to evaluate the extent to which their self-confidence and self-esteem are affected by the judgements of others
- to make effective use of constructive feedback and differentiating between helpful feedback and unhelpful criticism
- the characteristics of emotional and mental health and the causes, symptoms and treatments of some mental and emotional health disorders (including stress, anxiety and depression)
- strategies for managing mental health including stress, anxiety, depression, self-harm and suicide, and sources of help and support
- where and how to obtain health information, advice and support (including sexual

- Year 7 BM 2 My influences
- Year 7 BM 3 group identity
- Year 7 BM 6 Who am I really
- Year 7 CD 1 I can challenge prejudice
- Year 7 CD 3 Challenging stereotypes
- Year 7 CD 4 Discrimination at school
- Year 7 HM 1 healthy choices
- Year 7 HM 3 healthy choices on substances
- Year 7 HM 3 healthy choices on nutrition
- Year 7 R 2 the changing wall of support
- Year 7 R 4 external factors in relationships
- Year 7 R 6 the changing role of families
- Year 7 CM 1 my changing body
- Year 7 CM 2 image
- Year 7 CM 3 my changing mind
- Year 7 CM 6 transition to year 8
- Year 7 DG1 what are my dreams and goals
- Year 7 DG3 coping strategies
- Year 8 CM 5 putting self in the driving seat
- Year 8 CM 6 transition to year 9
- Year 8 HM 1 healthy choices on emotional and mental health
- Year 8 HM 2 healthy choices on stress
- Year 8 HM 5 healthy choices on immunisation
- Year 8 HM 3 healthy choices on substances
- Year 9 HM 2 sleep deprivation
- Year 9 HM 3 alcohol
- Year 9 HM 4 substances
- Year 9 HM 5 lifesaving
- Year 9 R 5 consequences of unprotected sex
- Year 9 CM 2 mental health and the brain
- Year 9 CM 3 transition to year 10
- Year 10 CD 1 equality
- Year 10 CD 2 equality in the workplace
- Year 10 CD 3 equality in society
- Year 10 CD 4 equality in relationships
- Year 10 HM 3 extraordinary bodies

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health services)

- to recognize and manage feelings about, and influences on, their body image including the media's portrayal of idealised and artificial body shapes
- about health risks and issues related to this, including cosmetic procedures
- about checking yourself for cancer and other illnesses, including knowing what to do if you are feeling unwell and checking for signs of illness; and how to overcome worries about seeking help and being an assertive user of the NHS

Year 11 HM 1 managing anxiety

Year 11 HM 2 relaxation

Year 11 HM 3 sleep

Year 11 R 1 privacy settings in relationships

Year 11 R 2 are these healthy relationships

Year 11 R 6 am I ready for a sexual relationship?

Year 11 HM 4 exam preparation

Year 11 DG 5 personal goals

Year 11 DG 6 its up to you

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Relationships	
Pupils should have the opportunity to learn:	
<ul style="list-style-type: none"> • to further develop the communication skills of active listening, negotiation, offering and receiving constructive feedback and assertiveness • that relationships can cause strong feelings and emotions (including sexual attraction) • the features of positive and stable relationships (including trust, mutual respect, honesty) and those of unhealthy relationships • that the media portrayal of relationships may not reflect real life • how to deal with a breakdown in a relationship and the effects of change, including loss, separation, divorce and bereavement • about the unacceptability of sexist, homophobic, transphobic and disablist language and behaviour, the need to challenge it and how to do so • to recognise bullying and abuse in all its forms (including prejudice-based bullying both in person and online/via text, exploitation and trafficking) and to have the skills and strategies to manage being targeted or witnessing others being targeted • about the support services available should they feel or believe others feel they are being abused and how to access them • to recognise peer pressure and have strategies to manage it • to understand the feelings and pressure that the need for peer approval, including in relation to the purchase and use of tobacco and alcohol (including cheap/illicit alcohol and cigarettes), drugs and other risky behaviours, can generate 	<p>Year 7 BM 2 My influences Year 7 BM 3 group identity Year 7 BM 6 Who am I really Year 7 CD 1 I can challenge prejudice Year 7 CD 3 Challenging stereotypes Year 7 CD 4 Discrimination at school Year 7 R 2 the changing wall of support Year 7 R 4 external factors in relationships Year 7 R 6 the changing role of families Year 8 CD4 power of persuasion Year 8 R 5 being in control of social media Year 9 R1 power in relationships Year 9 R 2 assertiveness and saying no Year 9 R4 contraception Year 9 R 5 consequences of unprotected sex Year 9 CD 3 power of positive language Year 9 CD 4 bullying Year 9 CD 5 discrimination Year 9 CD 6 prejudice and discrimination Year 9 R 1 power in relationships Year 10 R1 what constitutes a health relationship Year 10 R 2 friendship and peer support Year 10 R 3 Challenges to healthy relationships Year 10 R 4 coping with relationship breakdown Year 10 CD 4 equality in relationships Year 11 R 1 privacy settings in relationships Year 11 R 2 are these healthy relationships Year 11 R 4 media influences on a relationships Year 11 R 6 am I ready for a sexual relationship?</p>
<p>KS4</p> <ul style="list-style-type: none"> • strategies to manage strong emotions and feelings • the characteristics and benefits of positive, strong, supportive, equal relationships • to recognise when a relationship is unhealthy or abusive (including the unacceptability of both emotional and physical abuse or violence including honour-based violence, forced marriage and rape) and strategies to manage this or access support for self or others at risk • about managing changes in personal relationships including the ending of relationships • to develop an awareness of exploitation, bullying and harassment in relationships 	

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- (including the unique challenges posed by online bullying and the unacceptability of physical, emotional, sexual abuse in all types of teenage relationships, including in group settings such as gangs) and how to respond
- about the impact of domestic abuse (including sources of help and support)
 - about the impact of separation, divorce and bereavement on families and the need to adapt to changing circumstances
 - about statutory and voluntary organisations that support relationships experiencing difficulties or in crisis, such as relationship breakdown, separation, divorce, or bereavement
 - how to access such organisations and other sources of information, advice and support
 - about diversity in sexual attraction and developing sexual orientation, including sources of support and reassurance and how to access them
 - the pathways available in the event of unintended pregnancy, the possible physical and emotional reactions and responses people may have to each option and who to talk to for accurate, impartial advice and support
 - the role peers can play in supporting one another (including helping vulnerable friends to access reliable, accurate and appropriate support)

Living in the Wider World

Pupils should have the opportunity to learn:

- to recognise, clarify and if necessary challenge their own core values and how their values influence their choices
- the knowledge and skills needed for setting realistic and challenging personal targets and goals (including the transition to key stage 3)
- the similarities, differences and diversity among people of different ethnicity, culture, ability, disability, sex, gender identity, age and sexual orientation and the impact of stereotyping, prejudice, bullying, discrimination on individuals and communities
- about the primacy of human rights; and how to safely access sources of support for themselves or their peers if they have concerns or fears about those rights being undermined or ignored

KS4

- to evaluate their own personal strengths and areas for development and to use this to

- Year 7 CM 6 transition to year 8
- Year 7 DG1 what are my dreams and goals
- Year 7 DG3 coping strategies
- Year 7 CD 1 I can challenge prejudice
- Year 7 CD 3 Challenging stereotypes
- Year 7 CD 4 Discrimination at school
- Year 8 BM 5 faith and beliefs
- Year 8 CD 1 how different are we
- Year 8 CD 2 when things go right
- Year 8 CD4 power of persuasion
- Year 8 DG 2 money part 1
- Year 8 DG 2 money part 2
- Year 8 CM 2 stepping out of comfort zone
- Year 8 CM 3 doing what scares me

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inform goal setting

- about the information, advice and guidance available to them and how to access it

Year 8 CM 4 putting self in the driving seat

Year 8 CM 6 transition to year 9

Year 9 BM 1 what's important to me

Year 9 BM 3 me I my peer group

Year 9 BM 4 how our communities perceive us

Year 10 BM 2 environmental change

Year 10 BM 3 cultural change

Year 10 BM 4 political change

Year 10 DG 1 identify my challenges

Year 10 DG 2 plan for success social media

Year 10 DG 3 plan for success work life balance

Year 10 CM 6 transition to year 11

Year 11 DG 5 personal goals

Year 11 DG 6 its up to you

Year 11 HM 4 exam preparation