*AUTUMN HALF-TERM A

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	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
RSE & HE Unit title and Over view	Transition & Safety (Health & Wellbeing) This unit will cover the transition to secondary school and personal safety in and outside school, including first aid.	Drugs & alcohol (Health & Wellbeing) This unit will cover alcohol and drug misuse and pressures relating to drug use.	Peer Influence, Substance Use & Gangs (Health & Wellbeing) This unit will cover healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation.	Work Experience (Living in the Wider World) This unit will cover preparation for and evaluation of work experience and readiness for work.	Next Steps (Living in the Wider World) This unit will cover the application processes, and skills for further education, employment and career progression.
Skills being covered (Please note that these are not taught in a specific order or as individual lessons)	How to identify, express and manage emotions in a constructive way How to manage the challenges of moving to a new school How to establish and manage friendships How to manage wellbeing and how to manage changes Personal safety strategies and travel safety e.g. road, rail and water How to respond in an emergency situation Basic first aid	Difference between medicinal and recreational drugs About the over-consumption of energy drinks About the relationships between habit and dependence How to use over the counter and prescription medications safely How to assess the risks of alcohol, tobacco, nicotine and e-cigarettes How to manage influences in relation to substance use How to recognise positive social norms and attitudes The meaning of county lines and what's involved	How to distinguish between healthy and unhealthy friendships How to assess risk and manage influences, including online About 'group think' and how it affects behaviour How to recognise passive, aggressive and assertive behaviour, and how to communicate effectively To manage risk in relation to gangs About the legal and physical risks of carrying a knife About positive social norms in relation to drug and alcohol use About the legal and health risks in relation to drug and alcohol use, including addiction and dependence Families (1.1, 1.7)	How to evaluate strengths and interests in relation to career development About opportunities in learning and work Strategies for overcoming challenges or adversity (Transferrable skills) About responsibilities in the workplace How to manage practical problems, and health & safety How to maintain a positive personal presence online How to evaluate and build on the learning from work experience Opportunities & where to find them Sourcing work experience placements How to write a CV & a cover letter Interview preparation	How to use feedback constructively when planning for the future How to set and achieve SMART targets Effective revision techniques and strategies About options post-16 and career pathways About application processes, including writing CVs, personal statements and interview technique How to maximise employability, including managing online presence and taking opportunities to broaden experience About rights, responsibilities and challenges in relation to working part-time whilst studying How to mange work/life balance
Sex Education (RSE) Statutory Links (See policy)	(2.1, 2.2)	sexual health (5.4, 5.12) 6. The law (6.9, 6.11, 6.13)	2. Respectful relationships including friends (2.2, 2.6) 3. Online & media (3.2, 3.4) 4. Being safe (4.1) 5. Intimate sexual relationships, including sexual health (5.4, 5.12) 6. The law (6.9, 6.11, 6.13)	(2.3, 2.8) 3. Online & media (3.1, 3.3)	
Health Education (HE) Statutory Links (See Policy)	7. Mental wellbeing (7.1, 7.5, 7.6) 8. Internet safety & harms (8.1) 13. Basic first aid (13.1, 13.2, 13.3)	11. Drugs, alcohol & tobacco (11.1, 11.2, 11.3, 11.4, 11.5, 11.6)	8. Internet safety & harms (8.2) 11. Drugs, alcohol & tobacco (11.1, 11.2, 11.3, 11.4, 11.5, 11.6)	8. Internet safety & harms (8.1)	
Citizenship Links	Delivered in dedicated CRE lessons for years 7,8 & 9			The different ways in which a citizen can contribute to the improvement of their community, to include the opportunity to participate actively in community volunteering, as well as other forms of responsible activity. Income, expenditure, credit and debt, insurance, savings and pensions, financial products and services, and how public money is raised and spent.	
RE (British Values)	Delivered in dedicated CRE lessons for years 7,8	& 9		PERCEPTIONS OF RELIGIONS/ THE MEDIA:NEWs	Alternative religions: What is Scientology?



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YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11

RSE & HE Unit title and Over view	Building Relationships (Relationships) This unit will cover self-worth, romance and friendships (including online) and relationship boundaries.	Community & Careers (Living in the Wider World) This unit will cover equality of opportunity in careers and life choices, and different types and patterns of work	Employability Skills (Living in the Wider World) This unit will cover employability and online presence .	Mental Health (Health & Wellbeing) This unit will cover mental health and ill health, stigma, safeguarding health, including during periods of transition or change .	Building for the Future (Health & Wellbeing) This unit covers self-efficacy, stress management, and future opportunities.
Skills being covered (Please note that these are not taught in a specific order or as individual lessons)	How to build self-worth and self efficacy Qualities and behaviours relating to different types of positive relationships How to recognise unhealthy friendships How to recognise and challenge media stereotypes How to evaluate expectations of romantic relationships About consent and how to seek and assertively communicate	About equality of opportunity in life and work How to challenge stereotypes and discrimination in relation to work and pay (disability/race/sexism in the work place) About employment and voluntary work How to set challenging goals for future careers and challenging expectations that limit life choices Understanding what National Insurance and Tax contributions & why they need to be made	About young people's employment rights and responsibilities Skills for enterprise and responsibility How to give and act upon constructive feedback How to manage their 'personal brand' online Habits and strategies to support progress How to identify and access support for concerns relating to life online	How to manage challenges during adolescence How to reframe negative thinking Strategies to promote mental health and emotional wellbeing About the signs of emotional or mental ill-health How to access support or treatment About the portrayal of mental health in the media How to challenge stigma, stereotypes and misinformation Revision Skills	How to manage the judgement of others and self-efficacy How to balance ambition and unrealistic expectation How to develop self-efficacy, including motivating, perseverance, and resilience How to maintain a healthy self-concept About the nature, causes and effects of stress Stress management strategies, including maintaining healthy sleep habits About positive and safe ways to create content online and the opportunities this offers How to balance time online Revision Skills
Relationships and Sex Education (RSE) Statutory Links (See policy)	1. Families (1.7) 2. Respectful relationships including friends (2.1, 2.2, 2.4, 2.6) 4. Being safe (4.1, 4.2) 5. Intimate sexual relationships, including sexual health (5.1, 5.2) 6. The law (6.2, 6.3)	2. Respectful relationships including friends (2.3, 2.8)	2. Respectful relationships including friends (2.2, 2.4, 2.5) 3. Online & media (3.1, 3.2, 3.3, 3.4, 3.8) 5. Intimate sexual relationships, including sexual health (5.2)	5. Intimate sexual relationships, including sexual health (5.2)	3. Online & media (3.1, 3.5, 3.8) 5. Intimate sexual relationships, including sexual health (5.4)
Health Education (HE) Statutory Links (See Policy)	7. Mental wellbeing (7.5)	7. Mental wellbeing (7.6)	7. Mental wellbeing (7.5) 8. Internet safety & harms (8.1, 8.2)	7. Mental wellbeing (7.3, 7.4, 7.5, 7.6) 9. Physical health & fitness (9.1)	7. Mental wellbeing (7.3, 7.4, 7.5, 7.6) 8. Internet safety & harms (8.1)
Citizenship Links	Delivered in dedicated CRE lessons for years 7,8 & 9				Human rights and international law.
RE (British Values)	Delivered in dedicated CRE lessons for years 7,8 & 9			Perceptions of Religion in the media: Social Media	What is Mormonism?



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YEAR 7 YEAR 8 YEAR 9 YEAR 10 YEAR 11

RSE & HE Unit title and Over view	Diversity (Relationships) This unit will cover diversity, prejudice, and bullying .	Discrimination (Relationships) This unit will cover Discrimination in all its forms including; racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia, and transphobia.	Respectful Relationships (Relationships) Families and parenting, healthy relationships, conflict resolution, and relationship changes.	Financial Decision Making (Living in the Wider World) This unit will cover the impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Communication in Relationships (Relationships) This unit will cover personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse.
Skills being covered (Please note that these are not taught in a specific order or as individual lessons)	About identity, rights and responsibilities About living in a diverse society How to challenge prejudice, stereotypes and discrimination The signs and effects of bullying, including online How to respond to bullying of any kind, including online How to support others	How to manage influences on beliefs and decisions About 'group-think' persuasion How to develop self-worth and confidence About gender identity, transphobia, and gender-based discrimination How to recognise and challenge homophobia and transphobia How to recognise and challenge racism and religious discrimination	About different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering About positive relationships in the home and ways to reduce homelessness amongst young people About conflict and its causes in different contexts, e.g. with family & friends Conflict resolution strategies How to manage relationship and family changes, including relationship breakdown, separation & divorce How to access support services	How to effectively budget and evaluate savings options How to prevent and manage debt, including understanding credit rating and pay day lending How data is generated, collected and shared, and the influence of targeted advertising How thinking errors, e.g. 'gambler's fallacy', can increase susceptibility to gambling Strategies for managing influences related to gambling, including online About the relationship between gambling and debt About the law and illegal financial activities, including fraud and cybercrime How to manage risk in relation to financial activities	About core values and emotions About gender identity, gender expression, and sexual orientation How to communicate assertively How to communicate wants and needs How to handle unwanted attention, including online How to challenge harassment and stalking, including online About various forms for relationship abuse About unhealthy, exploitive and abusive relationships How to access support in abusive relationships and how to overcome challenges in seeking support
Relationships and Sex Education (RSE) Statutory Links (See policy)	2. Respectful relationships including friends (2.2, 2.3, 2.5, 2.8) 6. The law (6.7, 6.8, 6.14)	2. Respectful relationships including friends (2.2, 2.3, 2.8) 6. The law (6.7, 6.8, 6.14)	1. Families (1.1, 1.2, 1.4, 1.5, 1.6, 1.7) 2. Respectful relationships including friends (2.1) 6. The law (6.1, 6.7)	3. Online & media (3.2, 3.3, 3.8) 6. The law (6.13)	1. Families (1.7) 2. Respectful relationships including friends (2.7) 3. Online & media (3.1, 3.4) 4. Being safe (4.2) 5. Intimate sexual relationships, including sexual health (5.2, 5.4, 5.5, 5.6, 5.13) 6. The law (6.2, 6.3, 6.4, 6.5, 6.6, 6.7, 6.8)
Health Education (HE) Statutory Links (See Policy)	8. Internet safety & harms (8.2)		7. Mental wellbeing (7.6)	8. Internet safety & harms (8.1, 8.2)	8. Internet safety & harms (8.2)
Citizenship Links	Delivered in dedicated CRE lessons for years 7,8 & 9				
RE (British Values)	Delivered in dedicated CRE lessons for years 7,8 & 9		PERCEPTIONS OF RELIGIONS/ THE MEDIA: TV & cartoons	Alternative religions: What is Humanism?	



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YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
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RSE & HE Unit title and Over view	Financial Decision Making & Self reflection (Living in the Wider World) This unit will cover saving, borrowing, budgeting and making financial choices. Reflect on how we learn and study skills to achieve success.	Identity & Relationships (Relationships) This unit will cover gender identity, sexual orientation, consent, 'sexting' and an introduction to contraception.	Healthy Lifestyle (Health & Wellbeing) This unit will cover diet, exercise, lifestyle balance, healthy choices and first aid.	Healthy Relationships (Relationships) This unit will cover relationships and sex expectations, myths, pleasure and challenges, including the impact of media and pornography	Independence (Health & Wellbeing) This unit will cover responsible health choices, and safety in independent contexts.
Skills being covered (Please note that these are not taught in a specific order or as individual lessons)	How to make safe financial choices Ethical and unethical business practises and consumerism Saving, spending and budgeting How to manage risk-taking behaviour How to improve study skills How to identify personal strengths and areas for development	The qualities of positive, healthy relationships How to demonstrate positive behaviours in healthy relationships About gender identity and sexual orientation About forming new partnerships and developing relationships About the law in relation to consent That the legal and moral duty is with the seeker of consent How to effectively communicate about consent in relationships About the risks of 'sexting' and how to manage requests or pressure to send an image About basic forms of contraception, e.g. condom and pill	About the relationship between physical and mental health About balancing work, leisure, exercise and sleep How to make informed healthy eating choices How to manage influences on body images How to made independent health choices To take increased responsibility for physical health, including testicular self-examination	About relationships values and the role of pleasure in relationships About myths, assumptions, misconceptions, and social norms about sex, gender and relationships About the opportunities and risks of forming and conducting relationships online How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours About the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent How to recognise and respond to pressure coercion and exploitation, including resorting and accessing appropriate support How to recognise and challenge victim blaming About asexuality, abstinence and celibacy	How to access and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads) Emergency first aid skills How to assess emergency and non-emergency situations and contact appropriate services About the links between lifestyle and some cancers About the importance of screening and how to perform self examination About vaccinations and immunisations About registering with and accessing doctors, sexual health clinics, opticians and other health services How to manage influence and risks in relating to cosmetic and aesthetic body alterations About blood, organ and stem cell donation
Relationships and Sex Education (RSE) Statutory Links (See policy)	6. The law (6.13)	2. Respectful relationships including friends (2.1, 2.6) 3. Online & media (3.3, 3.4, 3.7) 4. Being safe (4.1, 4.2) 5. Intimate sexual relationships, including sexual health (5.1, 5.2, 5.4, 5.5, 5.6, 5.9, 5.11, 5.13) 6. The law (6.2, 6.4, 6.7, 6.8)	3. Online & media (3.5)	1. Families (1.1, 1.2, 1.5, 1.7) 2. Respectful relationships including friends (2.1, 2.2, 2.4, 2.5, 2.6, 2.7, 2.8) 3. Online & media (3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7) 4. Being safe (4.1, 4.2) 5. Intimate sexual relationships, including sexual health (5.1, 5.4, 5.5, 5.13) 6. The law (6.2, 6.3, 6.4, 6.5)	3. Online & media (3.5) 4. Being safe (4.1) 5. Intimate sexual relationships, including sexual health (5.4, 5.12)
Health Education (HE) Statutory Links (See Policy)	8. Internet safety & harms (8.1)	8. Internet safety & harms (8.2) 14. Changing adolescent body (14.2)	7. Mental wellbeing (7.5, 7.6) 8. Internet safety & harms (8.1) 9. Physical health & fitness (9.1, 9.2) 10. Healthy Eating (10.1) 12 Health & Prevention (12.1, 12.2, 12.3, 12.4, 12.5)	7. Mental wellbeing (7.2) 8. Internet safety & harms (8.1, 8.2) 14. Changing adolescent body (14.2)	8. Internet safety & harms (8.1, 8.2) 9. Physical health & fitness (9.1, 9.2, 9.3) 10. Healthy Eating (10.1) 12 Health & Prevention (12.1, 12.3, 12.4, 12.5) 13. Basic first aid (13.1, 13.2, 13.3)
Citizenship Links	Delivered in dedicated CRE lessons for years 7,8 & 9			The different electoral systems used in and beyond the UK and actions citizens can take in democratic and electoral processes to influence decisions locally, nationally and beyond Other systems and forms of government, both democratic and non-democratic, beyond the UK Local, regional and international governance of the UK's relations with the rest of Europe, Commonwealth, the United Nations and the wider world.	
RE (British Values)	Delivered in dedicated CRE lessons for years 7,8 & 9		PERCEPTIONS OF RELIGIONS/ THE MEDIA: Film	Alternative religions: What is Jehovah witnesses?	



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	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
RSE & HE Unit title and Over view	Health & Puberty (Health & Wellbeing) This unit will cover healthy routines, influences on health, puberty, unwanted contact, and FGM	Emotional Wellbeing (Health & Wellbeing) This unit will cover mental health & emotional wellbeing, including body image and coping strategies	Intimate Relationships (Relationships) This unit will cover relationships and sex education including consent, contraception, the risks if STIs and attitudes to pornography	Exploring Influences (Health & Wellbeing) This unit will cover the influence and impact of drugs, gangs, role models and the media	Families (Relationships) This unit will cover the different types of families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships.
Skills being covered (Please note that these are not taught in a specific order or as individual lessons)	How to make healthy lifestyle choices including dental health, diet, physical activity and sleep how to manage influences relating to caffeine, smoking and alcohol How to manage physical and emotional changes during puberty and personal hygiene How to recognise inappropriate and unwanted contact About FGM and how to access support	About attitudes towards mental health How to challenge myths and stigma About daily wellbeing How to mange emotions How to develop digital resilience About unhealthy coping strategies (e.g. self harm and eating disorders) About healthy coping strategies	About the readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex About myths and misconceptions relating to consent About the continuous right to withdraw consent and capacity to consent About STIs, effective use of condoms and negotiating after sex About the consequences of unprotected sex, including pregnancy How the portrayal of relationships in the media and pornography might affect expectations How to assess and manage risks of sending, sharing or passing on sexual images How to secure personal information online	About positive and negative role models How to evaluate the influence of role models and become a positive role model for peers About the media's impact on the perception of gang culture About the impact of drugs and alcohol on individuals, personal safety, families and wider communities How drugs and alcohol affect decision making How to keep self and other safe in situations that involve substance use How to manage peer influence in increasingly dependent scenarios, in relation to substances, gangs, and crime Exit strategies for pressurised and dangerous situations	About different types of families bad changing family structures How to evaluate readiness for parenthood and positive parenting qualities About fertility, including how it varies and changes About pregnancy, birth and miscarriage About unplanned pregnancy options, including abortion About adoption and fostering How to manage change, loss, grief and bereavement About 'honour based' violence and forced marriage and how to safely access support
Relationships and Sex Education (RSE) Statutory Links	4. Being safe (4.1) 5. Intimate sexual relationships, including sexual health (5.4) 6. The law (6.2, 6.3, 6.15)	3. Online & media (3.5)	2. Respectful relationships including friends (2.3) 3. Online & media (3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 3.8) 4. Being safe (4.1, 4.2) 5. Intimate sexual relationships, including sexual health (5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 5.8, 5.9, 5.13) 6. The law (6.2, 6.4, 6.5)	2. Respectful relationships including friends (2.2) 4. Being safe (4.1, 4,2) 5. Intimate sexual relationships, including sexual health (5.12) 6. The law (6.9, 6.11, 6.13, 6.14)	1. Families (1.1, 1.2, 1.3, 1.4, 1.5, 1.6) 2. Respectful relationships including friends (2.1) 5. Intimate sexual relationships, including sexual health (5.2, 5.3, 5.7, 5.8, 5.9, 5.11, 5.13) 6. The law (6.1, 6.6, 6.11)
Health Education (HE) Statutory Links	7. Mental wellbeing (7.5, 7.6) 8. Internet safety & harms (8.1) 9. Physical health & fitness (9.1, 9.2) 10. Healthy Eating (10.1) 11. Health & prevention (12.1, 12.2, 12.5) 14. Changing adolescent body (14.1, 14.2)	7. Mental wellbeing (7.1, 7.3, 7.4, 7.5, 7.6) 8. Internet safety & harms (8.1) 9. Physical health & fitness (9.1)	8. Internet safety & harms (8.2)	8. Internet safety & harms (8.2) 11. Drugs, alcohol & tobacco (11.1, 11.2, 11.3, 11.4, 11.5, 11.6)	
Citizenship Links	Delivered in dedicated CRE lessons for years 7,8 & 9		The legal system in the UK, different source of law and how the law helps society deal with complex problems.		
RE (British Values)	Delivered in dedicated CRE lessons for years 7,8 & 9		Prejudice and discrimination - Religion Protected characteristics	Alternative religions: What is the illuminati?	



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RSE & HE Unit title and Over view	Developing Skills & Aspirations (Living in the Wider World) This unit will cover careers, teamwork and enterprise skills, and raising aspirations	Digital Literacy (Living in the Wider World) This unit will cover online safety, digital literacy, media reliability & gambling hooks	Setting Goals (Living in the Wider World) This unit will cover learning strengths, career options and goal setting as part of the GCSE option process	Addressing Extremism & Radicalisation (Relationships) This unit will cover communities, cohesion and challenging extremism
Skills being covered (Please note that these are not taught in a specific order or as individual lessons)	How to be enterprising, including skills of problem solving, communication, teamwork, leadership, risk-management, and creativity About a broad range of careers and the abilities and qualities required for each Equal opportunities How to challenge stereotypes, broaden horizons and identify future career aspirations Links between values and career choices	About online communication How to use social networking sites safely How to recognise online grooming in all its forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation How to respond and seek support in cases of online grooming How to recognise biased or misleading information online How to critically assess different media sources How to distinguish between content which is publicly and privately shared About the restrictions when accessing different forms of media and how to make responsible decisions How to protect financial security online	About transferable skills, abilities and interests How to demonstrate strengths About different types of employment and career pathways How to mange feelings relating to future employment How to work towards aspirations and set meaningful, realistic goals for the future About GCSE and post-16 options Skills for decision making	About communities, inclusion, respect, and belonging About the Equality Acct, diversity and values About how social media may distort, misrepresent or target information in order to influence beliefs and opinions How to manage conflicting views and misinformation How to safely mange conflicting views and misleading information How to safely challenge discrimination, including online How to recognise and respond to extremism and radicalisation
Relationships and Sex Education (RSE) Statutory Links (See policy)	2. Respectful relationships including friends (2.3, 2.8)	1. Families (1.7) 3. Online & media (3.1, 3.2, 3.3, 3.4, 3.5, 3.8) 6. The law (6.4, 6.5, 6.11, 6.12, 6.13)		1. Families (1.7) 2. Respectful relationships including friends (2.2, 2.4, 2.5, 2.6, 2.7, 2.8) 3. Online & media (3.2, 3.4) 4. Being safe (4.1) 6. The law (6.12)
Health Education (HE) Statutory Links (See Policy)		8. Internet safety & harms (8.1, 8.2)	7. Mental wellbeing (7.5, 7.6)	8. Internet safety & harms (8.1, 8.2)
Citizenship Links	Delivered in dedicated CRE lessons for years 7,8 & 9			Parliamentary democracy and the key elements of the constitution of the UK, including the power of government, the role of citizens and Parliament in holding those in power to account, and the different roles of the executive, legislature ad judiciary and a free press Diverse national, regional, religious and ethnic identities in the UK and need for mutual respect and understanding.
RE (British Values)	Delivered in dedicated CRE lessons for years 7,	8 & 9		

