



Repeat Concept	Topic	Key Questions / Key Activities
Living in the Wider World	Transition	Be able to manage the challenges of moving to a new school
Living in the Wider World, Relationships and Sexual Education	Identity	self awareness through exploring their personal identity and
	Identity Exploring identities and differences	develop an awareness of how gender, race, religion, disability, sexual orientation shape their identity and their core values
Living in the Wider World, Relationships and Sexual Education	Community Appreciating Diversity	Identify what communities they are part of and how the feeling of belonging contributes to wellbeing
	Community Identifying and challenging bullying	Explore the reasons for bullying behaviour
Relationships and Sexual Education, Health and Wellbeing	Body awareness Knowing your body	Be able to describe the body parts involved with sexual health and reproduction
	Body awareness Body Image	acknowledge that physical appearance does not determine a person's worth as a human being
	Body awareness Bodily changes through puberty	ways to develop self-confidence and feelings of self-worth
	Body awareness Periods	about menstrual wellbeing and strategies to manage it
	Body awareness Developing sexuality	understand that young men may experience erections, either due to arousal or for no particular reason, and that this is normal
	Body awareness Privacy and consent	about the relationship between personal boundaries and human rights
	Body awareness FGM and Forced Marriage	about FGM and Child Early Forced Marriage (CEFM)
Living in the Wider World, Health and Wellbeing	Becoming independent Personal safety and first aid	about personal safety in increasingly independent contexts e.g. travel safety
	Becoming independent Making healthy choices	about influences on diet and exercise choices
	Becoming independent Managing peer influence	how to manage peer influence in relation to substances, including energy drinks, nicotine and alcohol
Living in the Wider World	CEIAG—Careers education, independent advice and guidance	



Repeat Concept	Topic	Key Questions / Key Activities
Relationships and Sexual Education	Relationships Family and values	describe ways that parents/guardians and other family members support their children's decisions
	Relationships Family and values	about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering
	Relationships Healthy and Unhealthy Relationships	about the features of healthy and unhealthy relationships, including online
	Relationships Relationships skills including consent and sexting	how to assertively communicate and negotiate boundaries with friends and in other relationships, including online
	Relationships Intimate relationships	how to evaluate expectations for romantic relationships
	Relationships Contraception	about contraception and how to access advice and support in relation to sexual health
Health and Wellbeing, Living in the Wider World, Relationships and Sexual Education	Wellbeing Knowing your rights	recognize children's rights that are outlined in national laws and international agreements (e.g. Universal Declaration of Human Rights and the Convention on the
	Wellbeing Online wellbeing	Recognising signs and causes of low self-esteem and developing the skills of high self esteem
	Wellbeing Media influence	how to recognise and manage the impact of the media and
	Wellbeing Media influence on body image	evaluating messages in the media about health including diet culture
	Wellbeing Link between physical health and mental	how to balance time online with other activities
	Wellbeing Attitudes to mental health	about daily wellbeing
	Wellbeing Alcohol and drug misuse	about the relationship between habit and dependence
Living in the Wider World	CEIAG—Careers education	



Repeat Concept	Topic	Key Questions / Key Activities
Living in the Wider World	Transition Transition to Key Stage 4	to recognise new opportunities that change can bring
	Transition Managing change and loss	strategies for managing loss and change and how to empathise with, and show compassion for peers  show appreciation for how different religion, culture and traditions deal with change and loss
Health and Wellbeing, Living in the Wider World	Identity Exploring identities and belonging	about group-think and persuasion and how it affects behaviour
	Identity Exploring identities critically	reflect on how their personal identity and core values have changed or evolved over time and explore reasons/influences on this
Relationships and Sexual Education	Community Appreciating Diversity	acknowledge that everyone has a responsibility to defend people who are being stigmatized or discriminated against
	Community Identifying and abusive relationship	list examples of GBV (e.g. bullying, sexual harassment, psychological violence, domestic violence, rape, FGM/C, CEFM, homophobic violence) and identify spaces where GBV may occur, including at
Relationships and Sexual Education, Health and Wellbeing	Body awareness Mindfully connecting with body and emotions	How sleep supports energy and mental health
	Body awareness Body Image in media	describe differences in what people find attractive when it comes to physical appearance
	Body awareness Puberty	appreciate the importance of personal hygiene
	Body awareness Periods	describe the menstrual cycle and identify the various physical symptoms and feelings that girls may experience during this time
	Body awareness Assessing readiness for sex	understand that sexual stimulation involves physical and psychological aspects, and people respond in different ways, at different times
	Body awareness Privacy and consent	how to recognise factors that might affect capacity to consent  about myths and misconceptions relating to consent
	Body awareness Sexual health and STIs	how to make informed decisions about sexual health and access reliable advice and support
Living in the Wider World	Becoming independent Personal safety and first aid	exit strategies in risky or dangerous situations and how to access support
	Becoming independent Making healthy choices/health prevention	about balancing work, leisure, exercise and sleep
	Becoming independent Evaluating influence	how to distinguish between healthy and unhealthy friendships
Living in the Wider World	CEIAG—Careers education, independent advice and guidance	

Repeat Concept	Topic	Key Questions / Key Activities
Relationships and Sexual Education	Relationships	list key features of long-term commitments, marriage and parenting
	Relationships Healthy family functioning	acknowledge that some of their values may be different from their parents/guardians
	Relationships Respectful Relationships	revisit definition of respect and what this looks like in different types of relationships
	Relationships Making sexual choices	how to assess readiness for sexual intimacy, including online and in new relationships, and to evaluate the possible legal, emotional and social
	Relationships Pregnancy	describe the signs of pregnancy and stages of foetal development
	Relationships Unhealthy Relationships	how to respond to harassment, including online, and violence; where to seek help
Health and Wellbeing, Living in the Wider World, Relationships and Sexual Education	Wellbeing Knowing your rights	analyze local and/or national laws and policies concerning CEFM, FGM/C, non-consensual surgical interventions on intersex children, forced sterilization,
	Wellbeing Online wellbeing	Evaluate how these rights affect the online world
	Wellbeing Media influence and role models	about positive and negative role models
	Wellbeing Media influence and persuasion	how personal data is generated, collected and shared and may be used with the aim of influencing decisions
	Wellbeing Conversations about mental health	how to have a conversation about mental health, access support and treatment
	Wellbeing Mental wellbeing	about the signs of emotional or mental ill-health
	Wellbeing Alcohol and drug misuse	about the impact and consequences of substance use, including addiction, on physical and mental health
Living in the Wider World	Becoming independent Personal safety and first aid	how to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads)
	Becoming independent Making healthy choices/health prevention	about the links between lifestyle and some cancers
	Becoming independent Creating influence	reflect on what influence they can have on younger students and in their communities
Living in the Wider World	CEIAG—Careers education, independent advice and guidance	



Repeat Concept	Topic	Key Questions / Key Activities
Living in the Wider World	Transition Transition to more responsibility	about the challenges and opportunities transition to adulthood brings
Relationships and Sexual Education, Health and Wellbeing	Identity Exploring identities deeper	reflect on the influence of personal belief system, culture, values and ethnicity on mental health
	Identity Exploring identities critically	deeper understanding of gender identity, gender expression and sexual orientation
Living in the Wider World	Post 16 Planning	Post 16 Planning
		Post 16 Planning
Living in the Wider World	Community Appreciating Diversity	analyse how stigma and discrimination impact negatively upon individuals, communities and societies
	Community Identity and power dynamics	analyse the impact of different norms and stereotypes of protected characteristics, on romantic relationships (including norms relating to
Relationships and Sexual Education, Health and Wellbeing	Body awareness Connecting with body and emotions mindfully	how to develop self-efficacy, including motivation, perseverance and resilience
	Body awareness Body Image in media	Evaluate ways that sexually explicit media can contribute to unrealistic expectations about men, women, sexual behaviour, sexual response
	Body awareness Body Image dangers	analyse common things that people do to try and change their appearance (e.g. using diet pills, steroids, bleaching cream) and
	Body awareness Parenthood and fertility	about responsibilities of parents
	Body awareness Developing sexuality and readiness for sex	summarize key elements of sexual pleasure and responsibility
	Body awareness Privacy and consent	analyse the benefits of giving and refusing sexual consent and acknowledging someone else's sexual consent or lack of consent
	Body awareness Sexual health and STIs	describe the different ways that people acquire STIs, including HIV (i.e. through sexual transmission, during pregnancy, birth or breastfeeding,