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UCAS

Relationships and Sex Education
Consent, sexual health, stealthing, parenthood and fertility

Health and Wellbeing:
the importance of sleep, feeling overwhelmed, food and exercise, connecting with body and emotions,

Living in the Wider World
Exploring privilege, appreciating diversity, norms, values and behaviours, inclusion and discrimination, British Values,

Finance
Food shopping and living independently. Credit and borrowing. Credit score, debt and tax. Gambling. Fraud and cons.

Weekly Skills for Success:
active listening, changing habits, motivation, growth mindset and work ethic, the importance of sleep, asking for help, preparing academically, deepening subject knowledge

UNIVERSITY
APPRENTICESHIP
COLLEGE
WORKPLACE
COMMUNITY LIVING

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Relationships and Sex Education
Ending and improving relationships, consent, who you want to be for others, sexual assault and violence,

Living in the Wider World
Staying safe, democracy and mutual respect, MUN, travelling in the UK and abroad, online profiles and wellbeing

Finance
Managing finances, credit and debit cards, budgeting, income tax and minimum wage

Health and Wellbeing –mental health and wellbeing, alcohol and drug misuse, media influence, mental health and masculinity,

Weekly Skills for Success:
making the leap, organisation, independent learning, goals, growth mindset, revision, developing understanding, work ethic, resilience, time management, next steps

Citizenship
Human rights and the rule of law. Migration, displaced people, refugees and asylum seekers. Is citizenship a right or a privilege?
CORE R.S. Human Rights and Social Justice

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Skills for Success
Maximising success, including time management, organisation, and revision strategies. Managing stress.

Living in the Wider World
Sexual harassment in the workplace

Relationships and Sex Education
Communicating wants and needs. Handling unwanted attention. Consent. Domestic abuse. Honour based violence and forced marriage.

Citizenship
CORE R.S. Crime and Punishment

Finance
Payslips. Technology to support money management. Choosing a bank account, budgeting and planning for the future.

Health and Wellbeing / Staying Safe
Emergency first aid. Health, including breast and testicular examination. Accessing medical services.

Skills for Success
Strategies for managing the transition from KS4 to KS5. Setting SMART targets. Managing stress.

PREFECT

Staying Safe
Staying Safe. Decision-making when using drugs and/or alcohol. Wider impacts of drug use, including addiction and effects on the individual, family and friends, and wider community/society. Vehicle safety.

Finance
Reasons for debt and the risks involved. Persuasive techniques used for financial products, advertising. The problems associated with gambling. Risk taking.

Living in the Wider World / Citizenship
'British Values', identity and community cohesion. Discrimination and offensive behaviour. Hate crime, extremism and radicalisation.

Health and Wellbeing
Coping with change and challenges, including loss, grief and bereavement. Organ and tissue donation.
CORE R.S. Matters of Life and Death

Relationships and Sex Education
Long term commitments. Starting a family and parenting skills. Options available for an unintended pregnancy. Sex myths and issues around pornography. Consent. Negotiating contraceptive use. Efficacy of contraceptive choices. STIs. Strategies to cope with a relationship breakup.
CORE R.S. Marriage and the Family

Skills for Success
Study habits and skills. Coping with exam stress. Revision timetables and active revision techniques.

Health and Wellbeing
Mental health, stress, anxiety and depression. Promoting positive mental health.

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Staying Safe
Risk assessment and peer pressure in relation to illegal substances. Vaping, cannabis and alcohol.

Relationships and Sex Education
Readiness for sex, consent and the law. Reducing and preventing the spread of STIs. The range of contraceptive choices. Issues around pornography.

Skills for Success
Option Choices

Health and Wellbeing
Life-saving skills (CPR, recovery position and defibrillators). Facts and myths around cancer. Reducing the risk through lifestyle choices. Testicular cancer.

Living in the Wider World
Misogyny. Gender stereotypes. Harassment and consent. Challenging prejudice.

Health and Wellbeing
Unhealthy coping strategies (including self-harm and eating disorders). Healthy strategies to support emotional wellbeing. Work life balance, exercise and sleep. Staying safe online. Grooming and the sharing of explicit images.

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Skills for Success
Preparing for exams. How to create a positive learning space and effective revision techniques.

Relationships and Sex Education
Positive healthy relationships. Consent. Contraceptive pill and condom. Long term consequences of unprotected sex (pregnancy). Unhealthy relationships. County lines, grooming, exploitation and coercion. Abuse and harassment.

Staying Safe
Basic first aid skills. Handling emergency situations. Reasons for taking legal and illegal drugs. Legal consequences of possession, intent to supply and supply. The risks of carrying a knife, knife crime and joint enterprise.

Skills for Success
Strategies for managing the transition from KS3 to KS4.

Finance
Ethical consumers (How the choices we make as consumers affect others' economies and environments). Influences on decision making.

Citizenship
How laws are made and the powers that police have. Misconceptions around sentencing and the rights young people have within the criminal justice system.

Living in the Wider World
The Equality Act 2010 and protected characteristics. Homophobia, transphobia, sexism and sexual harassment. Understanding gender identity, gender expression, sexual orientation and sex assigned at birth.

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Citizenship
Human rights, rights of the child. Protecting our rights. Migration. Asylum seekers and refugees.

Finance
Wants vs needs. Spending influences. Budgeting. Payment methods. Borrowing and saving.

Skills for Success
Preparing for exams. Revision techniques and improving memory.

Relationships and Sex Education
The qualities and behaviours in healthy relationships (including families and friendships). Warning signs of an unhealthy relationship. The role of parents within a family. Ways to resolve conflict. Why the media portrayal of relationships may not reflect real life.

Staying Safe
Effects of alcohol, smoking and vaping, caffeine and drugs. The law and school policy. Peer pressure.

Health and Wellbeing
Healthy lifestyles (eating, exercise, and sleep). Consequences of an unhealthy lifestyle. Accessing medical services and patient rights. Mental wellbeing and self-esteem. Body image, impact of social media and the online world.

Relationships and Sex Education
Managing puberty. Attraction and sex, including male and female reproductive systems. Gender identity and sexuality. Unwanted contact, including FGM. Online safety including sending nudes. Healthy relationships.

Living in the Wider World
Community. Diversity, discrimination, prejudice, stereotypes and all forms of bullying. Empathy. Actions and consequences. The Equality Act 2010 and protected characteristics.

Skills for Success
Transition to secondary school - managing feelings and changing friendship groups. Learning behaviours and school rules. The meaning of resilience and why making mistakes is important.

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ANTI-BULLYING

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