

	Autumn 1 St Hilda's Family / Being Me	Autumn 2 Celebrating Differences	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Year 7	<ul style="list-style-type: none"> • Aim High • Meet the family • Vision and values • Houses and charities • Rejoicing in diversity • What role can I play? 	<ul style="list-style-type: none"> • Assertiveness • True or false? • Challenging stereotypes • Discrimination in school • Bullying • Included/excluded 	<ul style="list-style-type: none"> • Identifying dreams and goals • Achieving dreams and goals • Coping strategies • Rewarding my dreams • Keeping my dreams alive • Reflection- dreams and goals 	<ul style="list-style-type: none"> • Emotional health • Managing stress • Substances • Nutrition • Medicines and immunisations • Physical activity and sleep 	<ul style="list-style-type: none"> • The changing web of friendship • The changing wall of support • Developing my relationships • External factors in relationships • Assertiveness in relationships • The changing role of families 	<ul style="list-style-type: none"> • My changing body • Image • Changing circumstances • My changing mind • My changing feelings • Transition to next year
Year 8	<ul style="list-style-type: none"> • Who am I? • My family • Family factors • The power of first impressions • Faith and beliefs • Influences on our personal identity (CV development) 	<ul style="list-style-type: none"> • How different are we really? • When things go right (race) • When things go right • The power of persuasion • How can I make a difference (CV development) • Being the change you want to see 	<ul style="list-style-type: none"> • Your goals-short and medium-term • Your goals -long- term • Money pt. 1: Different types of business • Money pt. 2: Earnings (CV development) • The price of life • What money can't buy 	<ul style="list-style-type: none"> • Emotional and mental health • Managing stress • Substances • Nutrition • Medicines and immunisations • Sleep (CV development) 	<ul style="list-style-type: none"> • Being in control of myself • Being in control of my relationships • Being in control of personal space • Being in control of media • Being in control of social media • Being in control of myself now (CV development) 	<ul style="list-style-type: none"> • Managing change • Stepping out of your comfort zone • Doing what scares you pt. 1: Just do it • Doing what scares you pt. 2: review it • Putting yourself in the driver's seat • Transition to Year 9 (CV development)
Year 9	<ul style="list-style-type: none"> • What's important to me? • Me in my peer group • Perceived differences between social groups • How our communities perceive us • The world inside my head (CV development) • Perceptions of self and others 	<ul style="list-style-type: none"> • Diversity across the world at my age • Attitudes and influences • The power of positive language • Bullying • Discrimination (CV development) • Prejudice and stereotyping 	<ul style="list-style-type: none"> • My strengths • The power of planning (CV development) • My dreams for my life • My dreams for my world • Road maps and diversions • I can do it... perhaps not yet 	<ul style="list-style-type: none"> • Making healthier choices • Sleep deprivation • Alcohol • Using substances • Life-saving skills • Lifestyle choices and mental health (CV development) 	<ul style="list-style-type: none"> • Power in relationships • Assertiveness and saying no • Consent (CV development) • Contraception • Consequences of unprotected sex • Online relationships 	<ul style="list-style-type: none"> • How are you? What's changed? • Mental health and the brain • Transition to year 10 • Survey results: what's actually changed? • Rollercoaster or smooth ride: journey through puberty • What's going well in my life? (CV development)
Year 10	<ul style="list-style-type: none"> • My changing world- societal change • Environmental change • Cultural change (CV development) • Political change • How is the world changing me? • Celebrating differences 	<ul style="list-style-type: none"> • Equality: what does it mean to me? • Equality in the work place • Equality in society • Equality in relationships pt. one • Equality in relationships pt. two • Equality in health (CV development) 	<ul style="list-style-type: none"> • Identify my challenges • Plan for success – social media • Plan for success – life/work balance • Plan for success – critical consumer • Plan for success – playing the odds • Plan for success – keep going (CV development) 	<ul style="list-style-type: none"> • My health MOT • What protects my health? • Extraordinary bodies • Extraordinary minds (CV development) • Locus of control • What can I change to make me even better? 	<ul style="list-style-type: none"> • What constitutes a healthy relationship? • Friendships and peer support • Challenges to healthy relationships • Coping with relationship breakdown • Relationship reality-check • My 'self' (CV development) 	<ul style="list-style-type: none"> • Changes so far • A change I would like to make • Transition to Year 11 • Understanding change • The change game (CV development) • Changes to come
Year 11	<ul style="list-style-type: none"> • Plotting my year ahead • Not 'losing the plot' • Tools for the year pt1 (CV development) • Tools for the year pt2 • Next steps • Time to jump in 	<ul style="list-style-type: none"> • Dreams and goals within my grasp • Now or later • Changing dreams and goals • 'what if' (CV development) • Personal goals • It's up to you! 	<ul style="list-style-type: none"> • Managing anxiety • Relaxation • Better sleep • Exam preparation (CV development) • Healthy attitudes to sexual relationships • Healthy attitudes to sexuality 	<ul style="list-style-type: none"> • Privacy settings in your relationships • Are these healthy relationships • The results • Media influences on relationships • Remaining an individual (CV development) • Am I ready for a sexual relationship? 		