

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer	Summer 2
Remove	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Character and careers Developing awareness of character, identity and values - careers focus	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Developing Self Esteem Self-worth, self-love and identity	Financial decision making Saving, borrowing, budgeting and making financial choices	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries
LIV	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks	Diversity & Inclusion Discrimination in all its forms - protected characteristics	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity & relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work
UIV	Respectful relationships Families and parenting, healthy relationships, conflict resolution and relationship changes.	Peer influence and substance abuse Healthy and unhealthy friendships, assertiveness, substance misuse.	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process.	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Politics & Law UK democratic political system, Parliament, role of law and justice systems
LV	Exploring influence The influence and impact of drugs, role models and the media.	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Financial Decision Making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Citizenship UK Law, Criminal Justice System, The House of Lords
UV	Next steps Application process and skills for further education, employment and career progression	Building for the future Self-efficacy, stress management and future opportunities	Families, Parenting and Relationships Different families and parental responsibilities; fertility, pregnancy and abortion; marriage and forced marriage; contraception and sexual health	Communication in Relationships Personal values, assertive communication, relationship challenges and abuse and changing relationships	Independence Responsible health choices and safety in independence contexts	