

Life Skills and RSHE Learning Journey

Becoming^x



Same Sex + LGBT+ Gender and Transgender I, Honour-based Violence, Sexism and Gender Prejudice
Forced + Arranged Marriages, Radicalisation, Online Harassment + Stalking, Revenge Porn, Conflict Management, Parenting + Families

YEAR
11

Wider World

GCSE Revision + Study Skills, Applying to College + University, Preparing for Work and Living, Independently, Internet Safety – The Dark Web, Cybercrime, Health + Safety, Trade Unions, Multiculturalism, Globalisation + Sustainability



Health & Well-being

Gambling, Addiction and Online Gaming, Obesity + Body Positivity, Pregnancy + Childcare, The Importance of Sleep and Relaxation, Fertility, STIs, Menopause, Reproductive Health, CPR, First Aid, Personal Safety + Taking Risks Perseverance, Procrastination

RSHE

Different Types of Relationships (inc. LGBT+), Committed Relationships, Unhealthy R'ships Consent, Rape + Sexual Abuse Relationship Break-Ups, Forced Marriage, Bullying + Body Shaming, Sex, Waiting for Sex, Pleasure + Risk: Drugs, Alcohol

Employability, Careers + Workplace Awareness Rights, Responsibilities + Equality, Money Laundering, Fake News + Media Awareness, Racism, BLM + Activism (workbook), Gangs, Crime + County Lines, The Criminal Justice System, Prejudice and Discrimination

Health & Well-being

Mental Health Unit: Social Anxiety, Grief + Bereavement, Social Media + Self-Esteem, Suicide, Binge Drinking, Tattoos + Piercings Awareness, Managing time online, Screen Time, Managing our time effectively and Study Skills, Living Sustainably, Homelessness

RSHE

Wider World

Danger (CSE), Peer Pressure: Bullying, Body Image + the Media, Eating Disorders, Domestic Abuse and Conflict, Abusive Relationships, Exploring the LGBT+ and other UK Communities

RSHE

Alcohol Awareness, Risks + Dangers, Drugs, Substance Abuse + the Law Mental Health – Stress, Anxiety + Mind-set, Vaccinations, Organ, Blood + Stem Cell Donation, Self-Harm Awareness Behaviour, Achievement Distractions, Personal Safety – Acid Attacks



Health & Well-being

Employability + Workplace Skills Personal Finance – Avoiding Debt, Navigating Financial Institutions, County Lines (workbook), Human Rights + Responsibilities, Law, Knife Crime + Youth Offenders, Self-discipline + Sustainability

Wider World



YEAR
9

Safe Sex Unit – Consent, Contraception, Pornography, Image Sharing, STIs + Sexual Health, Sexting + Body Image, Contraception (workbook)
Extremism + Radicalisation Unit, Online Predators (workbook) Tolerance + Anti-Racism lessons Domestic Conflict + Running Away From Home

RSHE

Mindfulness, Confidence, Self-Awareness, Emotions + Emotional Literacy Personal Safety + First Aid, Cancer Awareness Introduction Vaping, Nicotine and Addiction Pregnancy + Parenting introduction Personal Development, Behaviour, Targets + Goals

Health & Well-being

Careers, Skills, Vocational Qualities, + Entrepreneurship Unit, Gangs + Crime (workbook)
Finance, Budgeting, Tax + Saving Unit Prejudice + Discrimination LGBT + Disability lessons Internet Safety – Online Dangers + Predators Caring for the Environment introduction

Wider World



YEAR
8

Family, Marriage + Civil Partnership, Positive Friendships Introduction Love, Positive + Safe Relationships Bullying Online + Offline, Cyberbullying + Trolling Personal Identity + Diversity Introduction to Extremism + Radicalisation

RSHE

Introduction to Healthy living Unit (inc. Nutrition, Exercise + Rest, Healthy Eating) Introduction to Addiction, Drugs + Dangerous Substances Unit (inc. Smoking + Energy Drinks) Puberty, Periods + FGM introductions Mental Health, Depression + Anger Management

Health & Well-being

Aspiration + Self Esteem Being a Resilient Student Online Safety Introduction Introduction to Budgeting, Saving + Finance Unit Racism and Stereotypes introduction

Wider World

Introduction to Secondary School, PSHE Introduction

YEAR
7



Life Skills is made up of three core themes which spiral through the Key Stages and are iterative in nature

Becoming^x KS3



KS4

