

Statutory Citizenship Education is in **bold**.

## Appendix: Life Skills Scheme of Learning

### Curriculum Map Life Skills 2026-2027

**Year 8**

**2 hours in Curriculum per fortnight**

**20 minutes in Tutor Time per fortnight**

|                                         |
|-----------------------------------------|
| Living in the Wider World               |
| Health & Wellbeing                      |
| Relationships & Sexual Health Education |
| Harmful Sexual Behaviours               |

| Term                                                    | Curriculum Lesson                                                                                                                                                                                                                                                 | BV                                  | Tutorial Session                                                                                                                                                                                                         | BV                       | RS Link            |
|---------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------|
| 1<br><b>Staying Safe and Building Respect</b>           | 1. Loneliness<br>2. Is it Bullying or Banter?<br>3. Peer Pressure & Risk Taking<br>4. Personal Safety (Water, Road and Rail)<br>5. Personal Safety in Public Spaces<br>6. Respect and Women<br>7. Why Sexist Jokes are Wrong                                      | Res<br><br>Law<br>Law<br>Lib<br>Res | <b>Pol-Ed – Wellbeing</b><br>1. How can viewing harmful content make us feel?<br>2. How does social media make me feel?<br>3. How can drugs and alcohol impact the way we feel?<br>4. What are mental health conditions? | Lib                      |                    |
| 2<br><b>Physical Health &amp; Mental Wellbeing</b>      | 1. Health and Wellbeing<br>2. What is Mental Health?<br>3. Positive Body Image<br>4. <b>Child Abuse</b><br>5. Types of Bullying<br>6. Healthy Eating and Cholesterol<br>7. Stress Management                                                                      | Law<br>Res                          | <b>Pol-Ed – Keeping Safe</b><br>1. What happens if there's an emergency at school?<br>2. How safe are legal drugs?<br>3. What is financially motivated sexual extortion?<br>4. What are deepfakes?                       | Law<br>Lib<br>Law<br>Lib | The Law            |
| 3<br><b>Identity, Relationships &amp; Sex Education</b> | 1. Relationships and Sex Education Introduction<br>2. Being Yourself & Self-Love/What is Love?<br>3. <b>Healthy Respectful Relationships/Dealing with Conflict</b><br>4. Periods and Menstrual Cycle<br>5. Introduction to Contraception<br>6. Sexual Orientation | Res<br>Res/Law                      | <b>Pol-Ed – Relationships</b><br>1. Are we responsible with social media?<br>2. How do I deal with unplanned encounters?<br>3. How can I deal with my friends using drugs and alcohol?                                   | Res<br>Law<br>Law        |                    |
| 4                                                       | 1. County Lines – What is It?<br>2. County Lines – Who is at Risk?                                                                                                                                                                                                | Law<br>Law                          | <b>Pol-Ed – Understanding the Law</b>                                                                                                                                                                                    |                          | Crime & Punishment |

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|                                                 |                                                                                                                                                                                                                                                       |                                 |                                                                                                                                                                                                                                                         |                       |  |
|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--|
| <b>Dangerous Society – Online &amp; Offline</b> | 3. Substance Misuse & Alcohol Safety<br>4. Cyberbullying/ <b>Online Grooming</b><br>5. Child Exploitation & Online Protection                                                                                                                         | Lib<br>Law<br>Law               | 1. What does the law say about the possession of drugs?<br>2. What is stop and search?<br>3. What are E-Rides?                                                                                                                                          | Law<br>Law<br>Law     |  |
| <b>5 Digital Worlds and Emerging Dangers</b>    | 1. Deepfakes<br>2. Bullying and Digital Media Literacy<br>3. What is AI Generated Sexual Imagery?<br>4. AI & Chat Bots<br>5. Algorithms and Content<br>6. AI – How is it changing the way we think/Illegal Online Behaviours                          | Law<br>Res<br>Lib<br>Lib<br>Law | <b>Pol-Ed – Well-Being</b><br>1. How might relationship changes impact our wellbeing?<br><b>Pol-Ed – Relationships</b><br>2. What are red flags in relationships (friendship & romantic)?<br><b>Pol-Ed – Keeping Safe</b><br>3. What are my algorithms? | Res<br>Res/Law<br>Lib |  |
| <b>6 Celebrating Differences</b>                | 1. <b>What is your identity?</b><br>2. <b>Multicultural Britain/Challenging Islamophobia and Anti-Semitism</b><br>3. Importance of Being Kind<br>4. Breaking Down Stereotypes<br>5. Learning Disabilities<br>6. <b>Prejudice &amp; Discrimination</b> | Res<br>Res<br>Res<br>Res<br>Law | <b>Pol-Ed – Understanding the Law</b><br>1. What is phishing and hacking?<br>2. What are threatening behaviours?<br>3. What is money laundering?                                                                                                        | Law<br>Law<br>Law     |  |