

Appendix 1: Life Skills Scheme of Learning

Curriculum Map Life Skills 2021-2022 Overview

	C- Units – Delivered in Curriculum Specialist Lessons		T- Units – Delivered in Tutor Time Weekly Sessions
	Living in the Wider World	Health and Wellbeing	Relationships
Year 7	Unit C3 Financial Literacy and Money – Banks, Savings, Debt and Budgeting	Unit C4 Healthy Lifestyles – Nutrition and Exercise	Unit C1 Resilience and Dealing with Change – Anti-Bullying, Personal Safety, Social Media
	Unit C5 Critical Thinking and Media – Fake News, Cyber Security	Unit C6 Health and Wellbeing – Smoking, Energy Drinks, Illegal Substances.	Unit C2 Relationships and Friendships – Cyber Bullying, Romance, Marriage, Positive Relationships, Keeping Safe, British Values.
	Unit T1 – Self Esteem, Aspiration & Money	Unit T5 – Periods, Puberty, FGM, Drugs Awareness and Energy Drinks.	Unit T3 – Personal Identity, Gender and Sexuality.
	Unit T2 – Social Media, Financial Products.	Unit T6 – Managing Anger, Smoking, Healthy Living and Exercise.	Unit T4 – Positive Relationships, Radicalisation and Extremism, Staying safe Online.
Year 8	Unit C1 Resilience – Cyber Security and Fraud, Making Decisions, Fraud.	Unit C2 Every Mind Matters (NHS) – Dealing with Change, Bullying, Smoking, Body Image, Online Stress.	Unit C3 RSE - Consent, Sexting, Contraception and Dangers of Pornography.
	Unit C4 Your Future and Careers – Entrepreneurs, Enterprise and Workplace Skills.	Unit C5 Health and Wellbeing – Addiction, Managing Behaviour, Teenage Pregnancy, Self Confidence.	Unit C6 Civil Rights and Discrimination – Racism, BLM, Martin Luther-King.
	Unit T1 – Careers, Discrimination, E-Safety	Unit T5 – Cancer awareness, Emotional Literacy, Self Confidence and Goals.	Unit T3 – STI's, Domestic Conflict, Religious Discrimination.
	Unit T2 – Finance, Tax, Climate Change	Unit T6 – Vaping, Addiction, Mindfulness and Relaxation. Dealing with a Crisis.	Unit T4 – Positive Relationships, Extreme Groups, Radicalisation.
Year 9	Unit C2 Workplace Skills – Employability, Enterprise and Self Discipline.	Unit C1 Attitudes and Mindset - Behaviour to succeed, Interpersonal skills and Growth Mindset.	Unit C3 Relationships – Body Image, Abusive Relationships and Peer Pressure.
	Unit C5 International Awareness – Aid and Charity, Human Rights, Human Rights Abuses and Immigration.	Unit C4 Core Issues – Drugs and the Law, Self-Image, Self-Harm, Coping with Stress and Anxiety.	Unit C6 British Values – British Community, Religion and Culture. Diversity and LGBTQ+ Community.
	Unit T1 – Employability, Crime and The Law	Unit T5 – Alcohol Awareness, Coping with Stress and Anxiety, Finding Help.	Unit T3 – Child Sexual Exploitation, Trafficking and Abusive Relationships.
	Unit T2 – Finance, Debt, Human Rights.	Unit T6 – Discrimination, Vaccinations, Organ and Blood Donation. Accessing Education.	Unit T4 – Consent, Sexting and Sharing Images, Healthy Relationships.

Year 10	Unit T1 – Careers, Fake News, Critical Thinking	Unit T5 – Screen Time, Social Media and Self-esteem, Study Skills, Social Anxiety.	Unit T3 – Community Cohesion, Managing Conflicts, Same Sex Relationships, Gender & Trans-Identity.
	Unit T2 – Anti-Social Behaviour, County Lines, Criminal Justice System.	Unit T6 – Binge Drinking, Homelessness, Hate Crime, Managing Grief, Study Skills.	Unit T4 – Harassment and Stalking, Role Models, Revenge Porn and Sexism.
Year 11	Unit T1 – Revision and Study Skills, Applying, Interviews.	Unit T5 – Sleep, Gambling and Online Gaming, Digital Footprint, Privilege, Identity and Diversity.	Unit T3 – Consent, Body Shaming, Positivity and Relationship Break-Ups.
	Unit T2 – E-Safety, Globalisation, World Issues.	Unit T6 – Personal Safety, Risk Taking, Reproductive health, Obesity and Body Positivity.	Unit T4 – Safe Sex, Chem Sex, Types of Relationships. Healthy sex.

Life Skills Days 2021-2022		
C1 Health and Wellbeing	Tuesday 30 th November 2021	All
C3 Living in the Wider world	Wednesday 9 th February 2022	All
C2 Sex and Relationships	Thursday 7 th July	All (excl. Y11 & Y13)

Appendix 2: RSE Learning Outcomes

Below is a detailed summary of the learning outcomes as described by the Department for Education in [Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#) that will be achieved by students through engagement with the RSE curriculum:

Topic	Students should know
<p style="text-align: center;">Online and media</p>	<ul style="list-style-type: none"> • Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online
	<ul style="list-style-type: none"> • About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online
	<ul style="list-style-type: none"> • Not to provide material to others that they would not want shared further and not to share personal material which is sent to them
	<ul style="list-style-type: none"> • What to do and where to get support to report material or manage issues online
	<ul style="list-style-type: none"> • The impact of viewing harmful content
	<ul style="list-style-type: none"> • That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners
<p style="text-align: center;">Being safe</p>	<ul style="list-style-type: none"> • The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships
	<ul style="list-style-type: none"> • How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)
<p style="text-align: center;">Intimate and sexual relationships, including sexual health</p>	<ul style="list-style-type: none"> • How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship
	<ul style="list-style-type: none"> • That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing

	<ul style="list-style-type: none"> • The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women
	<ul style="list-style-type: none"> • That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others
	<ul style="list-style-type: none"> • That they have a choice to delay sex or to enjoy intimacy without sex
	<ul style="list-style-type: none"> • The facts about the full range of contraceptive choices, efficacy and options available
	<ul style="list-style-type: none"> • The facts around pregnancy including miscarriage
	<ul style="list-style-type: none"> • That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help)
	<ul style="list-style-type: none"> • How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing
	<ul style="list-style-type: none"> • About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment
	<ul style="list-style-type: none"> • How the use of alcohol and drugs can lead to risky sexual behaviour
	<ul style="list-style-type: none"> • How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment