

Thread progression

Thread	Year 7	Year 8	Year 9	Year 10	Year 11	End-point intent
Relationships	Build friendships; recognise respect, power and boundaries; understand family change and introductory consent.	Prevent bullying; apply consent and legal protections; recognise harmful sexual behaviour and harmful practices.	Navigate romantic and intimate relationships; apply consent law; recognise exploitation and harassment; use contraception and STI services.	Analyse coercion, abuse, capacity and influence; challenge victim-blaming; support others and report safely.	Manage adult relationships independently; communicate consent and contraception; access sexual-health and relationship support; understand parenting and pregnancy choices.	Form and maintain equal, safe and ethical relationships; recognise harm and obtain appropriate support.
Health	Name and manage emotions; understand puberty, menstruation, healthy habits, tobacco and vaping.	Make healthier choices; manage sleep, activity, minor ailments, alcohol risk and body image.	Understand mental-health needs, drugs, sleep and first aid; make informed sexual and reproductive-health decisions.	Take responsibility for health; understand conditions, screening, immunisation, risk and the interaction between substances and sexual choices.	Use health services independently; manage stress and mental health; understand dependency, fertility, pregnancy, sexual health and personal safety.	Make informed, sustainable health decisions and confidently navigate support and healthcare systems.
Community	Belong, respect difference and contribute safely; develop basic financial decision-making and digital/media literacy.	Apply equality and anti-discrimination principles; participate safely online and offline; manage money and recognise scams.	Understand legal equality and diverse relationships; make careers choices; challenge online harms, gambling and weapon-related risk.	Analyse prejudice, extremism, algorithms and online influence; understand workplace rights and prepare for post-16 pathways.		Make informed decisions about their own actions in the community. Be able to identify harmful behaviours and recognise where to go for support. To have sound understanding of the world of work and personal finances.

Thread definitions

Thread	Definition	Included content
Relationships	Learning how to form, maintain and manage safe, equal and ethical relationships with oneself and others.	Self-worth; friendships; families; bullying; boundaries; consent; power; intimate and sexual relationships; contraception and STIs; harmful sexual behaviour; coercion and abuse; harassment; parenting; pregnancy choices; reporting and support.
Health	Developing the knowledge, habits and help-seeking skills needed to protect physical, mental, sexual and reproductive health across the life course.	Emotional literacy; mental health; stress; sleep; physical activity; diet; puberty; menstrual and intimate health; tobacco, vaping, alcohol and drugs; first aid; prevention, screening and immunisation; fertility; pregnancy; healthcare and services; Year 11 financial wellbeing and independent living.
Community	Preparing pupils to participate safely, respectfully and independently in diverse communities.	Years 7-10: diversity; equality and protected characteristics; prejudice and extremism; public and online safety; media literacy, AI and misinformation; digital citizenship; finance; careers; workplace rights and community responsibility.