

YEAR 7 LIFE SKILLS OVERVIEW

Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
Health Transition & wellbeing	Relationships Friendships and bullying	Health Puberty & keeping safe	Relationships Family & changing relationships	Community Influence of media	Community Financial decisions
1. Thriving at secondary school	1. Healthy friendships and why them matter	1. Puberty and emotional changes	1. Different families and committed relationships	1. Types and benefits of positive relationships	1. Needs, wants and spending decisions
2. Assessing risk	2. Making and managing changing friendships	2. Menstrual health	2. Roles, care and responsibilities in families	2. Power, equality and respect	2. Budgeting basics
3. Goal setting and learning habits	3. Bullying, bystanders and reporting	3. Testicular and vulval health	3. Changing families	3. Healthy and unhealthy relationships	3. Earning money and first jobs
4. Understanding and describing my feelings	4. Conflict, repair and help-seeking	4. Recognising abuse and making disclosures	4. Change, loss and grief	4. Introduction to consent	4. Saving, borrowing and interest
5. Managing emotions and reactions	5. Contingency	5. FGM: Keeping safe and finding help	5. Trust, safety and support in families	5. Media messages about relationships	5. Inflation and changing prices
	6. Progress check	6. Vaping, smoking, nicotine and tobacco	6. Contingency		6. Critical consumers and financial risk
		7. Alcohol, medicines and other drugs	7. Progress check		7. Contingency
					8. Progress check

YEAR 8 LIFE SKILLS OVERVIEW

Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
Health Healthy choices	Community First aid	Community Belonging	Relationships The online world	Relationships Boundaries	Community Finance
1. Healthy choices and decision making	1. First aid for minor injuries	1. Faith and culture in Britain	1. How I spend my time online	1. Harmful sexual behaviour and the law	1. Income, payslips and deductions
2. Staying active and its benefits	2. Coughs, colds, flu and allergies	2. Prejudice and discrimination	2. Online bullying and its impact	2. Image sharing, sextortion and support	2. Budgeting for priorities
3. Sleep, screens and learning	3. Recovery position, CPR and defibs	3. Kindness in our community	3. Responding and reporting online bullying	3. Forced marriage	3. Bank accounts and payment methods
4. Self esteem and body image	4. Alcohol and the law	4. Equality & protected characteristics	4. AI, fake accounts & misinformation	4. FGM, virginity testing and hymenoplasty	4. Saving, borrowing, credit and compound growth
5. Assessing risk in public spaces	5. Alcohol: staying safe	5. Challenging misogyny & stereotypes	5. Planning healthy time online		5. Scams, gambling & consumer protection
	6. Contingency	6. Safe and inclusive communities	6. Contingency		6. Contingency
	7. Progress check	7. Grooming	7. Progress check		7. Progress check
		8. County lines			

YEAR 9 LIFE SKILLS OVERVIEW

Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
Health Mental health	Community Careers	Health Substance abuse	Relationships Power and consent	Relationships Sexual health	Community Online harms
1. Mental health continuum	1. Strengths, interests and values	1. Drugs, medicines and the law	1. Power and consent	1. Healthy intimate relationships	1. Sharing personal information online
2. Good mental health and sleep	2. Career pathways and post-16 choices	2. Drugs and their risks	2. Exploitation and grooming	2. Condoms	2. Pornography and intimate images
3. Anxiety and depression	3. Transferable skills and employability	3. Stimulants	3. Sexual harassment	3. Contraceptive choices	3. Online addiction
4. Supporting your friends	4. Challenging workplace stereotypes	4. Depressants	4. Knife crime, law and consequences	4. STIs, HIV, testing, PrEP and PEP	4. Online gambling
5. Services, confidentiality and seeking help	5. Contingency	5. Hallucinogens and synthetic drugs	5. First aid: CPR, AEDs and 999	5. Confidential sexual health services	5. Trolls, harassment and reporting
	6. Progress check	6. Peer influence and help seeking	6. Contingency		6. Digital footprint
		7. County lines and grooming	7. Progress check		7. Contingency
					8. Progress check

YEAR 10 LIFE SKILLS OVERVIEW

Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
Health Health and self-care	Relationships Online safety	Community Equality and extremism	Health Risk taking behaviour	Relationships Harmful relationships	Community Money and work
1. Recognising problems	1. Healthy internet use	1. Equality, rights and responsibilities	1. Peer influence	1. Healthy, equal relationships	1. Post-16 pathways
2. Immunisation, antibiotics & donation	2. Social media and mental health	2. Respectful disagreement and tolerance	2. Unhealthy relationships	2. Coercive control and domestic abuse	2. Workplace rights and responsibilities
3. Intimate self-examination & screening	3. Self harm and suicide	3. Prejudice, misogyny and hate	3. Consent and capacity	3. Sexual pressure and enthusiastic consent	3. Money, tax, pensions
4. Sun and water safety	3. Online data and privacy	4. Radicalisation and extremist recruitment	4. Substances and risky sexual behaviour	4. Recognising abuse and violence	4. Rent, bills, credit, insurance
5. Navigating local health services	4. Seeking reliable support online	5. Safely reporting harmful content	5. Risk reduction and accessing support	5. Victim blaming and supporting others	5. Contingency
	5. Misinformation, algorithms and extreme content		6. Contingency	6. Reporting, services and the law	6. Progress check
	6. Digital reputation		7. Progress check		
	7. Contingency & progress check				

YEAR 11 LIFE SKILLS OVERVIEW

Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
Health Sexual relationships	Health Sexual relationships	Religion and worldviews	Religion and worldviews	Health Exam stress	GCSEs
1. Family conflict	5. Pregnancy choices, loss and support			1. Mental health	
2. Fertility and routes to parenthood	6. Safe nights out and risks of spiking			2. Coping with exams	
3. Pregnancy outcomes	7. Progress check			3. Exam resilience	
4. Sexual health					