	Awareness Overview 2026-7				
Strand	**Health and Well-being**	**Relationships and Sex Education (statutory)**	**British Values, Equality and Diversity and Citizenship**	**Staying safe online and offline**	**Careers and the future**
Year 7	•To recognise emotions and use techniques to self-regulate •To take action to maintain and improve mental wellbeing •To learn how to talk positively about ourselves •To learn strategies for developing resilience •To learn that sleep and exercise are vital for physical health •To learn the importance of good hygiene to avoid disease and protect our teeth •To learn the facts about smoking and vaping •To learn basic first aid for common ailments and injuries	•To understand what changes everyone goes through in puberty and to learn how to accepting and respectful about all bodies including our own •To understand that during puberty we experience a range of emotional changes •To be able to recognise parts of genitalia on the inside and outside. •To learn how to avoid being judgemental about genitals •To understand that some people need extra support during their menstrual cycle •To understand what we need from a healthy friendship and learn how to keep friendships healthy •To learn how to manage conflicts with friends •To learn how to balance our needs with our friends' •To understand about healthy boundaries with friends •To understand about what rights we have to privacy over our own bodies •To learn how to identify bullying and how to challenge it •To learn what sexual harassment is and how we can stop it	•To understand that everyone has an identity and to learn how to express identity to others •To learn how to reduce harmful stereotypes •To understand that belonging is a fundamental human need •To learn how to choose activities which boost feelings of connection and belonging •To understand that communities need diversity, tolerance and shared values to thrive •To understand how to prevent discrimination so that everyone can feel safe •To learn about the protected characteristics •To learn how to identify sexism and how to challenge it	•To learn how to use devices to prioritise well-being •To learn how to make choices that protect online privacy and keep us safe •To understand how to control what online content we see To learn how to stay safe in different environments	•To develop self-awareness and reflect on likes and dislike •To explore different possibilities and dream jobs and identify skills and themes that relate to them and to learn thew benefits of exploring related career options •To learn what is a career is and to identify a range of career sectors and jobs and the skills required for them •To identify the key skills needed to be an entrepreneur •To learn about the importance of work-life balance •To identify which skills are predicted to be valued by future employers and to explore how careers have changed over time
Year 8	•To understand that we all have mental health and that this can change over time •To understand that it is important to talk about mental health and identify when we need support •To learn how to notice the things in life that we are grateful for and to feel positive about facing challenges •To identify the different features which make us who we are •To understand how to make healthy choices about diet to maintain physical health •To find a way to exercise that is fun and effective to maintain good physical health •To learn the fact about alcohol, legal and illegal drugs •To learn how to manage risk while trying new things	•To learn to respect people's boundaries when talking about sexual matters •To learn to think positively about our bodies and to understand that we can make choices which boost body positivity •To understand that FGM is a form of violence against women and girls and that it is illegal under UK law •To identify warning signs of FGM and how to take action to prevent it •To analyse information to make informed decisions about vaccinations and to learnt hat they save millions of lives every year •To understand the process of sexual intercourse and learn that it requires maturity and knowledge to understand so that we can make healthy choices around sex and intimacy •To learn how condoms prevent the spread of STIs and learn how they are used •To understand the characteristics of healthy relationships of all kinds •To explore how families can have healthy relationships •To understand how power dynamics can affect relationships and learn strategies for identifying and resisting pressure •TO learn how to be active bystanders when we see bullying •To learn how to end relationships with kindness	•To understand that heritage is complex and to learn how to describe our own heritage •To understand that different sexual orientations have always existed and that they are protected by law •To learn how to identify homophobia and how to challenge it with confidence •To learn how to identify ableism and how we can make adjustments to help include disabled people •To learn how to identify racism and how to challenge it with confidence	•To understand that the internet can have a powerful effect on our well-being and learn how to use it in a way that improves well-being •To learn how to use the internet to achieve our goals •To identify when we are, or when others are behaving online in a way that would not be acceptable offline •To understand the serious consequences of intimate image abuse and how to challenge and report sharing of intimate images •To understand how content we view is sometimes selected by algorithms based on our data and how to notice when we are viewing incomplete information •To understand that there is a mixture of true and false information online and learn how to verify content online	•To learn how to be smart about money to get the things we want most •To learn how to avoid losing money by understanding about gambling, in-app purchases and loot boxes •To make connections between our own interests and career options •To learn how employers recruit people and to explore CVs •To identify the rewards and challenges of working and to learn what a growth mindset is •To explore how we would like our life to be in the future and form realistic goals for the future •To understand that success can be measured in different ways and to reflect on what success means to us •To explore examples of green jobs and sustainable degrees •To identify the important factors when deciding on subject choices for GCSE

Year 9	•To learn about self-regulation techniques to handle challenges and be more resilient •To understand that when we experience multiple emotions at once it can be challenging •To learn how to reflect deeply on our emotions •To learn how to overcome barriers to talk about feelings to help maintain positive mental health •To learn how to respond to drug-related emergencies •To learn how to stay safe in public places	•To learn how to build a positive relationship with our body and support others to do the same •To understand about hormonal changes and how everyone is affected by them •To learn how to protect ourselves from STIs •To understand how showing vulnerability in a relationship can make us stronger •To understand the characteristics of a health relationship and learn how to avoid pressuring other people •To learn strategies to help us manage peer pressure •To learn how to manage feeling around change in relationships •To understand what is required for safe and pleasurable physical intimacy •To understand the importance of consent •To understand why attunement is important in sexual situations •To explore how online cultures affect our connection to each other •To understand how bystanders can reduce sexual harassment •To learn about the warning signs of unhealthy sexual behaviour •To explore the impacts of domestic abuse on well-being	•To look about what influences our sense of identity and to learn how to describe them •To learn how stereotypes are used to spread hate and make money and learn how to identify content that uses stereotypes to make content more appealing •To understand that humans need a healthy community to feel that they belong and to thrive •To understand why sexism exists today and learn how to identify and challenge it with confidence •To explore how we can create an anti-discrimination school and learn how to identify and challenge discrimination with confidence •To understand that learning about gender identify helps us to understand the people around us and to learn how to talk about gender with respect •To learn about legal rights that protect us	•To explore how online choices can impact us and to learn how to make good choices for ourselves and others online •To understand the impact of deepfakes and how they can be used to harm people •To identify whether online influence is positive or negative •To understand that online activities can be addictive and to able to notice when we are becoming addicted	•To explore financial decisions and learn about the risks of borrowing money and avoiding debt •To learn how to avoid financial scams and to identify when we are being manipulated and scammed out of money •To explore the importance of skills ion the workplace and understand why it is important to develop and record those skills now •To explore the different learning pathways after school •To explore our wants and needs when choosing a career and to understand how to take the initiative in developing our career journey •To learn about employment rights and understand the importance of budgeting when managing an income •To understand what the labour market is and its importance and be able to identify labour market information
Year 10	•To learn how to choose healthy strategies for coping with powerful emotion including anxiety and low self-esteem •To learn strategies to manage and reduce low mood •To learn how to take positive steps to improve self-esteem •To learn how to overcome barriers to a healthy lifestyle •To learn how to stop someone smoking or vaping •To understand the effects of illegal drugs on the body and mind •To learn how people can stay safe around alcohol •To learn how we can manage powerful influences •To learn life -saving skills, including how to administer CPR and to learn about the purpose of defibrillators •To explore the different choices around ending or continuing with a pregnancy and to learn how to support someone with their choices •To know how to check our body for signs of illness •To understand that we can choose whether to donate blood and stems cells aged 17 and over	•To be able to explain the different methods of contraception to make healthy choices around sex and intimacy •To explore how to manage conflict healthily •To learn how to help our friends to have healthy boundaries •To understand why some people have civil partnerships or marriages •To understand sexual pleasure and desire and to communicate choices about sex and intimacy •To explore the expectations that exist about sex and intimacy •To understand how romantic relationships can be impacted by technology •To explore how we can respond to sexual behaviour online •To understand how gender stereotypes influence sexual violence •To learn about the effects of sexual harassment on men and women •To learn how to identify and seek help for relationship abuse •To ensure that our own behaviour is healthy and never controlling •To explore how we measure self-worth	•To learn how to identify gender norms so we can make informed decisions about what we say and do •To explore tolerance and how to allows diverse communities to include everyone •To explore the complexities of talking about discrimination and to learn how to talk about it sensitively •To learn how to describe our experience of living in Britain and to accept that people have different experiences •To learn how to notice barriers to inclusion and learn about the social model of disability	•To learn about how AI can affect out lives and how we can make healthy and respectful choices about using it •To learn how to creates a positive reputation online •To understand how extremism can spread online and learn how to notice it when we or our friends view it	•To learn how to save money and budget wisely and learn about incoming and outgoing money in order to budget effectively •To reflect on our career journey and identify what we are doing to support it •To explore how to research employers and identify skills and experiences that are valued by employers •To understand what is meant by the word “career” and to identify different career types and the benefits and drawbacks of each •To prepare ourselves for work experience and learn how to get the best of it •To learn about well-being in the workplace and the responsibilities of the employer to ensure it •To explore the pros and cons of remote, in-person and hybrid working

Year 11	•To understand that we have pressures and opportunities and to learn how to balance and manage them •To learn how to build resilience to overcome challenges •To understand how we can avoid exploitation and radicalisation •To feel confident to identify risk and manage personal safety •To learn about how people can make healthy choices about cosmetic procedures and body-altering procedures and to understand that they can have an impact on us •To understand that some health issues affect people because of their biological sex and to identify female health issues and know how to seek help for ourselves or others •To learn about pregnancy and foetal development and understand how a pregnant person needs to do to stay healthy for themselves and the foetus •To learn how to access the healthcare we need and to choose the right health pathway if we are unwell	•To understand how we can test for an protect ourselves and others from STIs •To learn to identify if a friendship is positive •To explore what affects our ability to connect with others, including respectful communication •To explore how we can deal with grief and loss, including learning skills for ending relationships •To understand what our responsibilities are around sex and intimacy, including consent •To explore how online cultures and content affect sexual relationships •To learn about the support that survivors of sexual violence and harassment needs and how to support this help for ourselves and others	•To understand how our values influence our decisions and that values form an important part of our identity •To explore what human beings need to belong and to identify how we can help people to feel they belong •To explore what it means to be anti-racist and to learn how we can actively work to reduce racism and xenophobia	•To explore how we can all have a positive effect on the online world and that we all have the power to decide what it is like •To understand how we can promote equality and respect online, identify hateful content, and take action to reduce it •To understand how data is used to make money and influence us and that we can control when our data is collected	•To explore how it feels to complete secondary school •To explore pathways available to us after school, including full-time education, employment and apprenticeships •To explore the skills that a valued by employers and to understand why it is important to record them •To understand how to make informed decisions about post-16 choices •To explore the benefits and drawbacks of different types of paid work and volunteering •To explore the pros and cons of apprenticeships and higher education •To explore what AI can and cannot do and debate whether it is a threat to our jobs
Year 12	•To explore different strategies for accessing support for mental health. •To learn to understand the risks associated with drugs, alcohol, and drink spiking, and develop strategies to recognise, set, and adhere to personal boundaries for safety. •To make informed decisions about health and wellbeing by accessing reliable information and understanding the importance of regular self-examinations and vaccinations. •To consider the knowledge and skills required to travel safely and responsibly, both within the UK and abroad, while demonstrating cultural sensitivity and an understanding of legal requirements. •To know how to perform first aid and evaluate when to summon emergency services, irrespective of any potential legal implications. •To identify medical emergencies such as seizures, head injuries or fainting.	•To explore different levels of intimacy in emotional relationships and to consider the difference between love and lust. •To explore methods for maintaining old relationships and developing new ones. •To better understand what makes healthy relationships and to consider when and how to end relationships. •To understand the importance of and develop strategies for communicating and determining consent. •To understand types of abuse and how to seek support and report abuse. •To understand different elements of sexual and reproductive health rights and how to promote them effectively.	•To consider our own values and how it impacts the decisions we make and the role unconscious bias plays in society.	•To learn how to be a critical consumer of online information in all its forms, including recognising bias, propaganda. •To learn about the positives and negatives of social media and how to use it responsibly. •To evaluate and challenge the medias presentation of relationships. •To understand the stereotypes surrounding mental health in the media and how to have more open and supportive conversations.	•To compare pathways available at age 18 including university, employment, apprenticeship, college and gap years •To explore the concept of a career goal •To understand how to network and be enterprising •To identify employment rights as a young worker in the UK and to explain why work-life balance is important •To explore what makes an employer “good” to work for and how to research companies
Year 13	•To understand the influence of hormones on emotional and physical transitions throughout life and identify strategies to promote and maintain positive mental health. •To understand the importance and benefits of a budget-conscious healthy diet, its impact on mood, and strategies to promote overall wellbeing through sleep, diet, and exercise. •To understand health services, recognising common young adult illnesses, and accessing mental well-being support in new university settings.	•To know how to access and select appropriate contraception in different contexts and relationships and understand the risks of not using protection. •To understand what “stealthing” means and the consequences associated with it. •To understand the pathways available in the event of an unintended pregnancy and understand the importance of getting advice and support quickly. •To understand what the concept of “pleasure” means in terms of sex and relationships. •To consider how to communicate your needs with respect and honesty to sexual partners.	•To explore ways to promote inclusion and safely challenge prejudice and discrimination. •To appreciate how your values guide behaviours and the importance of developing your own perspective on behaviour. •To recognise and (where appropriate) challenge views, prejudice and discrimination. •To recognise what privileges and disadvantages we all have using intersectionality as a tool.		•To explore the importance of creating a positive and professional brand •To explore how to prepare for an interview •To identify some of emotions associated with processing change and to explore some of the challenges we might experience with post-18 transition •To explore how to prepare for an employer assessment day •To explore the pros and cons of being self-employed work working freelance •To explore the benefits and drawbacks of a four-day week

The following content is covered in science lessons

Key Stage 3	Key Stage 4

•Puberty and the menstrual cycle – including hormones, body changes, structure and function of reproductive organs and gametes (Sperm and egg). •Fertilisation and implantation – what is essentially is. Not relating to miscarriage. •Development of the foetus – including structure of placenta, umbilical cord and fluid sac •Reasons why women shouldn't smoke and drink in pregnancy. •Basic contraception – how does a condom work, what is the contraceptive pill (linking to ovulation). •Menstrual cycle – its purpose and the stages.	•Specialised cells – including structure and function of sperm and egg. •Chromosomes, variation in human and cell cycle – reproduction is often discussed here. •Health issues and effect on lifestyle – what is meant by physical and mental health and how this links to illness e.g. smoking/balanced diet. •Communicable (infectious) diseases – HIV/AIDS and gonorrhoea are used as examples. •Human endocrine system – hormones and glands including ovaries and testes and reproductive hormones. •Hormones in reproduction – hormones (men and women), sexual characteristics, ovulation, menstruation. •Contraception and fertility (fertility is heavily based on women) – contraception including hormonal and non-hormonal . •Higher tier students only – the use of hormones to treat infertility (IVF) and advantages and disadvantages of fertility treatment. •Sexual and asexual reproduction – what they are and the differences. Advantages and disadvantages of the types. •Meiosis – how sex cells (Sperm and egg) are formed. •Sex determination – in terms of chromosomes XX/XY. •Genetic inheritance – including DNA and structure. •Sexual reproduction and linking it to genetic conditions. •Selective breeding and speciation (how a new species is formed) - indirectly linked to reproduction.