

SMSC – Year overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Body and mind Emotional wellbeing	My place in the world Careers	Relationships The family	My place in the world Being British	Relationships Self respect	My place in the world Finance
	Coping with change, Explaining emotions, worry, anxiety, physical activity, wellbeing, vaccinations	Self identity, dream jobs, what is a career, entrepreneurs, work life balance, careers in the future	Family relationships, marriage and the alternatives, forced marriage, raising children, unsafe relationships, changing relationships	Diversity, tolerance, Britishness, British values, British politics	Self respect, sexual harassment, consent, withholding consent, personal safety, trusting instincts	Saving, spending, paying, budgeting, value for money
Year 8	Body and mind Health and wellbeing online	Relationships Identity and relationships	My place in the world Finance	My place in the world Careers	Body and mind Personal safety	Body and mind Managing risk
	Mental health issues, happiness, online excess, image sharing, target adverts, unsafe behaviour online, social media and conflict	Self esteem, green flags, your impact on others, sex and consent, contraception, STIs	Savings, interest, borrowing products, mortgages, stocks and shares	My skills, what comes after school, decision making, taking control of your journey, working and earning	Vaping, smoking, alcohol and the law, drugs and the law, prescription medication, substance dependency	Knife crime, self harm, fake news, refugees, exploitation, FGM, summer safety
Year 9	Body and mind Digital resilience	Relationships Relationships	My place in the world Finance	My place in the world Careers	Relationships Intimate relationships	Body and mind Health
	Internet violence, online scams, grooming, peer pressure, risk management, negative influences, incels	Stereotypes, relationship skills, skills for ending relationships, power inequalities, AI chatbots, deep fakes	Savings, interest, borrowing products, mortgages, stocks and shares	My skills, what comes after school, decision making, taking control of your journey, working and earning	Sexual violence, harmful sexual behaviour, stalking, porn, coercive control, rape	Looking after your health, accessing health care, medical consent, first aid, menstrual health, reproductive health, importance of sleep
Year 10	Body and mind Careers and wellbeing	My place in the world Finance	Relationships Intimate relationships	Body and mind Managing influence	My place in the world Exams and work experience	Relationships Healthy relationships
	Career paths, employer profiles, career types, stress, anxiety, self awareness, being your own cheerleader	Making the most of your money, financial challenges, budgeting, saving money, next steps after school, payslips	Knowing when you're ready, online relationships, mental health in sexual relationships, where to get help, risks of alcohol and drugs with consent, strangulation	Dark side of social media, body positivity, role models, sexting, online gambling	Revision, exam stress, anxiety, work experience, potential work experience issues	Communicating core values, fertility, coercion, domestic abuse, harassment
Year 11	Body and mind The science of learning and wellbeing	My place in the world Careers	Body and mind Your body your choice	My place in the world Finance	Relationships Relationships beyond school	
	Science of learning, retrieval, wellbeing and stress, avoiding distractions, gaining independence, loss and grief, organ donation	Post 16 choices, decision making, researching volunteer and paid work, money talks, is AI a threat to our jobs?	Sti's, self examination, contraception recap, choices around pregnancy, menopause	My money matters, saving habits, making the most of money, borrowing and debt, financial options after school, risk and reward	Managing fear, friendships beyond school, new relationships, working relationships, managing friendship changes	



MY LEARNING JOURNEY

A ROADMAP FOR GROWTH

Explore your learning across your journey through school. Build knowledge, skills and confidence for life.

Body and mind
Understanding yourself and staying well

Relationships
Building healthy connections

My place in the world
Understanding your role and responsibilities

Future ready
Building skills for your future

 AUTUMN 1

 AUTUMN 2

 SPRING 1

 SPRING 2

 SUMMER 1

 SUMMER 2



Body and mind
Emotional wellbeing

- Coping with change
Exploring emotions, worry, anxiety, physical activity, wellbeing, vaccinations

My place in the world
Careers

- Self identity, dream jobs.
What is a career, entrepreneurs, work life balance, careers in the future

Relationships
The family

- Family relationships, marriage and the alternatives, forced marriage, raising children, unsafe relationships, changing relationships

My place in the world
Being British

- Diversity, tolerance.
Britishness, British values, British politics

Relationships
Self respect

- Self respect, sexual harassment, consent, withholding consent, personal safety, trusting instincts

My place in the world
Finance

- Saving, spending, paying, budgeting, value for money



Body and mind
Health and wellbeing online

- Mental health issues, happiness, online excess, images sharing, target advertising, unsafe behaviour online, social media and conflict

Relationships
Identity and relationships

- Self esteem, green flags, your impact on others, sex and consent, contraception, STIs

My place in the world
Finance

- Savings, interest, borrowing products, mortgages, stocks and shares

My place in the world
Careers

- My skills, what comes after school, decision making, taking control of your journey, working and earning

Body and mind
Personal safety

- Vaping, smoking, alcohol and the law, drugs and the law, prescription medication, substance dependency

Body and mind
Managing risk

- Knife crime, self harm, fake news, refugees, exploitation, FGM, summer safety



Body and mind
Digital resilience

- Internet violence, online scams, grooming, peer pressure, risk management, negative influences, incels

Relationships
Relationships

- Stereotypes, relationship skills, skills for ending relationships, power inequalities, AI chatbots, deep fakes

My place in the world
Finance

- Savings, interest, borrowing products, mortgages, stocks and shares

My place in the world
Careers

- My skills, what comes after school, decision making, taking control of your journey, working and earning

Relationships
Intimate relationships

- Sexual violence, harmful sexual behaviour, stalking, porn, coercive control, rape

Body and mind
Health

- Looking after your health, exercising herbal care, medical consent, first aid, menstrual health, reproductive health, importance of sleep



Body and mind
Careers and wellbeing

- Career paths, employer profiles, career types, stress, anxiety, self awareness, being your own cheerleader

My place in the world
Finance

- Making the most of your money, financial challenges, budgeting, saving money, next steps after school, payslips

Relationships
Intimate relationships

- Knowing when you're ready, online relationships, mental health in sexual relationships, where to get help, risks of alcohol and drugs with consent, strangulation

Body and mind
Managing influence

- Dark side of social media, body positivity, role models, sexting, online gambling

My place in the world
Exams and work experience

- Revision, exam stress, anxiety, work experience, potential work experience issues

Relationships
Healthy relationships

- Communication core values, fertility, coercion, domestic abuse, harassment



Body and mind
The science of learning and wellbeing

- Science of learning, retrieval, wellbeing and stress, avoiding distractions, gaining independence, loss and grief, organ donation

My place in the world
Careers

- Post 16 choices, decision making, researching volunteer and paid work, money talks, is AI a threat to our jobs?

Body and mind
Your body your choice

- STIs, self examination, contraception recap, choices around pregnancy, menopause

My place in the world
Finance

- My money matters, saving for life, making the most of money, borrowing and debt, financial options after school, risk and reward

Relationships
Relationships beyond school

- Managing fear, friendships beyond school, new relationships, working relationships, managing friendship changes



Year 7 SMSC overview

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Body and mind Transitions and lifestyles	My place in the world Careers	Relationships The family	My place in the world Being British	Relationships Self respect	My place in the world Finance
Week 1	Title	Coping with change	Who am I?	Different types of family RSE 1 & 2	What is diversity?	Respecting yourself	Saving
	Outcome	Understand why change can be scary and discuss strategies to cope with it.	•Describe who they are •Draw connections between their likes, culture, connections and interests •Understand that certain characteristics are protected by law	Understand different families such as single parent, blended, same sex and fostered.	Understand what diversity is and how we live in a diverse country	Understand why it is important to respect yourself and be confident in setting your boundaries	
Week 2	Title	Explaining my emotions RSE 64	Dream jobs	Marriage and the alternatives RSE 3 & 4	Tolerance of others RSE 12	What is sexual harassment? RSE 40	Making the most of your money - spending
	Outcome	Understand how to explain my emotions effectively	•Identify the key skills and themes that relate to their 'dream job' •Explain the benefits of exploring related career options and not focusing on one single dream job	Understand different legal relationships including the myths around common law partners	Understand that your rights and responsibilities when it comes to other people	Understand what behaviours constitute sexual harassment and how to report it	
Week 3	Title	Worry is normal RSE 67	What is a career?	Forced marriage and 'honour based' violence RSE 5 + 47	What is 'Britishness'?	Unwanted touching (consent) RSE 36	Making the most of your money - Paying
	Outcome	Explore how worrying is normal and strategies to help you cope with it	•Define 'what is a career?' •Identify a range of career sectors and jobs that they might be interested in •Understand the skills required for different jobs, and the rewards and challenges they may bring in the future	Understand what forced marriage is and how to identify it	Explore what it means to be British	Understand what consent is and how to say no confidently	
Week 4	Title	When worry becomes anxiety RSE 70	What is an entrepreneur?	The responsibilities of parents with raising children RSE 7	British Values	Withholding consent RSE 37	Making the most of your money - budgeting
	Outcome	Investigate the difference between worry and anxiety and how to get help for anxiety	•Define what an entrepreneur is •Identify some entrepreneurial skills •Explain what a role model is	Understand positive parenting qualities and how to identify if you have them	Understand the core British values and how they are relevant to you	Learn how to be confident withholding your consent in a range of contexts	
Week 5	Title	The benefits of physical activity RSE 65	What is work life balance?	Unsafe relationships RSE 8	British Politics	Personal safety RSE 39	Making the most of your money – value for money
	Outcome	Understand how activity isn't just good for your body	•Explain what work-life balance means to them •Suggest ways to improve work-life balance and manage situations of work-life imbalance •Describe an example of when they've demonstrated the skill of balance	What can happen within a relationship to make it unsafe?	Understand the key political parties that make up British politics	Understand why respecting the physical boundaries of others is important	
Week 6	Title	Wellbeing activities RSE 69	Careers and the future	Changing relationships RSE 6		Trusting your instincts RSE 39	Opening a bank account
	Outcome	Explore what wellbeing means to you and what activities increase your feeling of wellbeing	•Identify a skill that's predicted to be valued by future employers •Explain at least one example of how careers have changed over time	How and why can relationships change? How can you deal with this change?		Explore what instincts are and when to trust them	
Week 7	Title	Vaccinations RSE 96					Savings accounts - Scenarios
	Outcome	Understand the purpose of vaccinations and the facts relating to them					
PD day		All about me					
Awareness weeks		Inclusion week 15/9	Black history month Nov World Aid Day 1/12	Holocaust memorial 27/1 Safer internet 10/2	World Book day 6/3 Science week 5/3	Mental health week 11/5	Pride Month June Refugee week 15/6

Year 8 SMSC overview

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Body and mind Mental health	Relationships Identity and relationships	My place in the world Careers	My place in the world Finance	Body and mind Staying safe	Body and mind Managing risk
Week 1	Title	Recognising early signs of poor mental health RSE 68	Self esteem and your relationship with yourself RSE 11	What are my interests?	Risk and Reward - Risk	Vaping – addiction and the consequences RSE 91	Knife crime RSE 105
	Outcome	Understand how to identify if your or someone else's mental health is deteriorating	Understand why self esteem is important and how you can have a positive relationship with yourself	Describe their interests Draw connections between interests and career options Write about an activity that links to their interests		Understand the short term, long term and environmental impact of vaping	Explore the reasons behind knife crime and understand the legal consequences
Week 2	Title	How happiness can be linked to others RSE 66	Positive relationships – green flags RSE 9	Superhero CV	Risk and Reward - Investments	Smoking RSE 90	Self harm RSE 77
	Outcome	Understand how phones are designed to be addictive and assess your own consumption	Explore what makes a positive relationship	Explain how employers recruit people Identify information that goes into each section of a CV Create an effective CV tailored to a job advert		Understand the short term, long term and environmental impact of smoking	Explore ways to cope with your emotions without resorting to self harm
Week 3	Title	Online excess RSE 21	Assessing your impact upon others RSE 10	The challenge and reward of work	Risk and Reward – Protecting yourself	Alcohol and the law RSE 84 & 87	Fake news and how to spot it RSE 27
	Outcome	Explore what healthy time limits are for internet usage and the consequences of using it to excess	Explore the impact you have on other people and how you can change it if necessary	Identify some of the rewards associated with working Identify some of the challenges associated with working Define what having a growth mindset means		Understand the law on alcohol and how to avoid binge drinking	Gain awareness of not believing everything you read.
Week 4	Title	Image sharing RSE 24 & 25	Sex and consent RSE 16 & 53	Creating the life you want	Security and fraud – Fraud and money mules	Drugs and the law RSE 85 & 86	Refugees
	Outcome	Explore the legalities of image sharing and the potential consequences	Explore the role of consent in sexual relationships	Describe what they'd like their life to look like in the future Draw connections between their skills, abilities and interests to visualize ideas for their future Formulate realistic goals for the future		Understand the current laws on drugs and how to protect yourself	Understand what a refugee is and how refugees are presented in the media
Week 5	Title	Targeted adverts RSE 33 & 75	Contraception RSE 57	What does success look like?	Security and fraud – online	Prescription medication RSE 89	Exploitation RSE 46 & 106
	Outcome	Understand how adverts are targeted through algorithms to encourage you to engage with them	Understand the range of contraception available and why it should be used	Define what success means to them Acknowledge that success can be measured in different ways and can be achieved within lots of different career paths Reflect on their own successes and set goals for future successes		Explore how drugs are not just illegal but can impact mental and physical health long term	Explore what trafficking is and how to identify the signs
Week 6	Title	Unsafe online behaviours and how to get help RSE 22 & 26	STIs RSE 59 & 60	Careers and the climate		Substance dependency RSE 88	FGM RSE 48
	Outcome	What constitutes unsafe online behaviour and how to get help if you need it	Understand a range of STIs, symptoms and treatment	Describe a career that could be considered a green career Describe a subject that could be considered a sustainable degree		Explore the risks of online gambling and the laws designed to protect you	Understand what FGM is and how it impacts girls
Week 7	Title	Social media and conflict RSE 29					Staying safe in the summer RSE 101
	Outcome	Explore how social media can play a role in conflict and can often make it worse					
PD day		All about me					
Awareness weeks		Inclusion week 15/9	Black history month Nov World Aid Day 1/12	Holocaust memorial 27/1 Safer internet 10/2	World Book day 6/3 Science week 5/3	Mental health week 11/5	Pride Month June Refugee week 15/6

Year 9 SMSC overview							
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Body and mind Digital resilience	Relationships Relationships	My place in the world Finance	My place in the world Careers	Relationships Intimate relationships	Body and mind Health
Week 1	Title	Internet violence RSE 67	Stereotypes RSE 17	Saving – Simple and compound interest	What are my skills?	Sexual violence RSE 42	Looking after your own health RSE 95
	Outcome	What should I do if I see violence on the internet? How can I protect myself from such content?	Understand what stereotypes are and how can they be negative thing		Explain why developing and recording skills now is important for the future world of work Reflect on their own skills and achievements Explain how skills can be developed and the benefits of accepting help, advice and support	Identify what sexual violence is and the law around it.	Understand how you can be responsible for your own health
Week 2	Title	Online scams RSE 34	Relationship skills RSE 9 & 13	Borrowing-Debt and making informed decisions	What comes after school?	Harmful sexual behaviour RSE 43 & 56	Accessing health care RSE 99 & 113
	Outcome	What is an online scam and how can I stop it from happening to me?	Explore skills for forming and maintaining positive relationships		Identify a learning pathway they'd like to explore further Name pathways, qualifications, skills, and progression opportunities related to an example career State sources of further information about learning pathways	Understand what victim blaming is and why it is so damaging	Explore how you can access health care to get help for medical issues
Week 3	Title	Spotting fake profiles RSE 23	Skills for ending relationships RSE 15	Borrowing - products	Decision making	Obsessive behaviour/stalking RSE 45	Medical consent RSE 100
	Outcome	How can you spot a fake profile? What are the signs that can help you know what's real and what isn't	Explore ways to end relationships with sensitivity and compassion		Identify important factors to consider whilst deciding on subject choices Outline what they need to do next to reach their decision	Explore ways that you can withdraw consent. Understand that it is ok to assert boundaries	Understand the law around medical consent and what it means for you
Week 4	Title	Grooming – the risks RSE 106	Power inequalities within relationships RSE 18	Borrowing - mortgages	Taking control of your career journey	Porn a twisted reality RSE 19, 31 & 50	Basic medical treatment RSE 94
	Outcome	Understand what online grooming could look like so you are able to recognise the signs	Understand what power inequality is and how it could have a negative impact on your relationships		Identify the career needs and wants of themselves and others Understand how to take the initiative in developing their career journey Reflect on how to overcome barriers people face on their career journeys	Understand that Porn is not a realistic portrayal of 'normal' healthy relationships and can encourage false expectations	Learn basic first aid and how to do it
Week 5	Title	Peer pressure and risk taking RSE 102	AI chatbots RSE 35	Borrowing –mortgages further my knowledge	Working and earning	What is coercive control? RSE 44	Menstrual health RSE 112
	Outcome	Understand how peer pressure can lead you to take bigger risks	Understand how to use AI chatbots appropriately		Identify some of their employment rights as a school-age worker Calculate a monthly wage from an hourly rate or annual salary List some essential and non-essential expenditure when creating a budget	Understand how to identify coercive control and what to do if you experience it	Understand the issues around menstrual health
Week 6	Title	Risk management RSE 103	Spotting deep fakes RSE 27	Stocks and shares		Rape including within relationships Inc stealthing RSE 51	Reproductive health RSE 112
	Outcome	Explore how to manage risk in your every day life	Explore how to identify deep fakes and understand the law around them			Understand the definition of rape and how it can also happen within relationships	Understand what you can do to look after your reproductive health
Week 7	Title	Incels RSE 20					The importance of sleep RSE 98
	Outcome	Be able to identify elements of the 'manosphere' and understand why they are a negative u=influence					Explore why sleep is so important and how to do it effectively
PD day							
Awareness weeks		Inclusion week 15/9	Black history month Nov World Aid Day 1/12	Holocaust memorial 27/1 Safer internet 10/2	World Book day 6/3 Science week 5/3	Mental health week 11/5	Pride Month June Refugee week 15/6

Year 10 SMSC overview

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
		Body and mind Careers and wellbeing	My place in the world Finance	Relationships Intimate relationships	Body and mind Managing influence	My place in the world Exams and work experience	Relationships Healthy relationships	
Week 1	Title	Reflection on my career path	Making the most of your money paying	Knowing when you are ready for intimacy RSE 16 & 52	My carefully curated life... The dark side of social media RSE 29 & 72	Revision techniques	Communicating your core values in a relationship	
	Outcome	Identify what they're doing to support their career journey Draw connections between their past, present, and future in relation to their career journey Identify the career values important to them		Explore how you might know when you are ready and how to avoid pressure if you are not	Explore the dark side of social media. Understand the risks and how to avoid them		Understand how to communicate your boundaries assertively	
Week 2	Title	Exploring employer profiles	Escape room-overcoming financial challenges	The potential risks of forming relationships online	Body positivity despite the internet RSE 11	Exam stress and the effects	Fertility and infertility impact of lifestyle RSE 113	
	Outcome	Use the Unifrog Know-how library to research employers Identify skills and experiences that are valued by employers Give examples of characteristics of a high quality employer		Understand there are numerous potential risks to forming and conducting relationships online.	Understand how we are shown constant unrealistic images through the media		Explore the impact of infertility and understand the consequences of it	
Week 3	Title	What type of career is best for me?	Making the most of your money budgeting	Mental health in relation to sexual relationships RSE 55	The influence of role models	Strategies for dealing with exam anxiety	Identifying coercion in your own relationships RSE 44	
	Outcome	Explain what is meant by the word "career" Identify the four career types, and the benefits and drawbacks of each type Evaluate each career type and explain which they believe is right for them.		Explore how sexual relationships can be positive and negative for your mental health	Define what a role model is. Explore positive and negative ones		Explore whether you have experienced coercion in any of your relationships	
Week 4	Title	Coping with stress	Saving money – make a plan	Where to get help with sexual issues RSE 62 & 63	Sexting and the law RSE 25	What to expect in your work experience placement	Work experience	
	Outcome	Explore how exam stress can affect you and strategies for coping with it		Understand how it is possible to be intimate without having sex	Be able to understand what sexting is and the legal implications of doing it			
Week 5	Title	Overcoming anxiety RSE 70	Next steps afterschool	Taking risks sexually – alcohol and drugs RSE 54 & 61	Online gambling RSE 74	Coping with potential problems – work experience booklet	Work experience	
	Outcome	How can anxiety impact you and some strategies to stop it from taking over		Explore how taking drugs and/or drinking alcohol could cause you to take risks sexually	Understand the potential pitfalls of online gambling and the laws controlling it			
Week 6	Title	Being self aware	Earnings – Payslips explained	Strangulation			Ways a relationship can be toxic including domestic abuse RSE 44	
	Outcome	Explore how you can understand yourself and be self aware in order to help yourself		Understand how strangulation has become normalised due to porn and explore the laws around it			Understand toxic relationship traits and how to deal with them	
Week 7	Title	Being your own cheerleader	Why do we pay income tax					Challenging harassment and stalking RSE 45
	Outcome	Explore how to have a positive relationship with yourself and what to do if you don't						Understand how to identify harassment and how to get help if you experience it
PD day		All about me						
Awareness weeks		Inclusion week 15/9	Black history month Nov World Aid Day 1/12	Holocaust memorial 27/1 Safer internet 10/2	World Book day 6/3 Science week 5/3	Mental health week 11/5	Pride Month June Refugee week 15/6	

Year 11 SMSC overview

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
		Body and mind The science of learning	My place in the world Careers	Body and mind Your body your choice	My place in the world Finance	Relationships Relationships beyond school
Week 1	Title	Science of Learning/why practice matters	Employability skills	How STIs are spread and the importance of testing RSE 60	My Money Matters self-paced course registration and introduction	Managing the fear of change
	Outcome	How do we learn? What is the science behind our memory?	Explain why it's important to record experiences, learning and achievements Describe some strategies to manage their CV, resumé or online presence and its impact on career opportunities. Explain the benefits of responding positively to help, support and feedback. Recognise the value of challenging themselves and trying new things	Understand the symptoms of common sti's and how to prevent them		Explore the various ways that leaving school might be scary plus strategies to cope
Week 2	Title	Retrieval and revision	Decision making – choosing your pathway	Self examination and screening	Learn about the different options for saving and reflect on their own saving habits	Friendships beyond school
	Outcome	Why do we forget knowledge? How can we improve our retention of knowledge? How to make revision cards and use them effectively?	Understand how to make informed decisions Identify the decision they need to make about their post-16 choices Plan how they will make an informed decision about their post-16 choices	Understand the importance of self examination and how to do it properly		Understand how to create new friendships beyond school while exploring your own identity
Week 3	Title	Power of habits	Researching – volunteering	Contraception recap RSE 57	Explore ways to make the most of their money	Establishing new relationships
	Outcome	Why are habits important? How can habits help you succeed?	Identify the benefits and drawbacks of volunteering and different types of paid work Understand the rights and responsibilities of employers and volunteer providers Research different types of opportunities suitable for them including paid work, self-employment and volunteering	Recap forms of contraception and how to get it if you need it.		Explore the various new relationships you will form after leaving school and how to form them effectively
Week 4	Title	Well-being and Stress	Money talks	Choices around pregnancy including the right to NOT have children RSE 58	Gain a deep insight into borrowing and debt	Professional /working relationships beyond school
	Outcome	How can stress be managed? What things can you do to support your well-being?	State pros and cons of apprenticeships State pros and cons of higher education Explain how factors such as someone's financial situation could impact their career pathway choices	Explore some of the reasons people don't have children and choices if you are pregnant		Explore how working relationships are different from social relationships. Understand how to be professional
Week 5	Title	Gaining independence	Is AI a threat to our jobs?	Menopause and the impact it can have RSE 113	Look ahead to life after school and explore the different options available	Managing friendship changes
	Outcome	Explore ways that you can begin to gain independence as you get older	Explain how people around the world feel about AI Describe the types of tasks that AI can and cannot do Evaluate predictions about AI, and arguments on each side of the debate 'Is AI a threat to our jobs?'. Explain how different groups of people in society might feel about AI and how it might affect their decision-making processes	Understand the impact of menopause and how it can affect women		Understand that friendships may not survive the transition to college and how to cope if they don't
Week 6	Title	Change loss and grief				
	Outcome	Understand how changing circumstances can lead to feeling of loss and grief				
Week 7	Title	Organ donation RSE 81				
	Outcome	Understand what organ donation is and why it is important				
PD day		Core intervention day				
Awareness weeks		Inclusion week 15/9	Black history month Nov World Aid Day 1/12	Holocaust memorial 27/1 Safer internet 10/2	World Book day 6/3 Science week 5/3	Mental health week 11/5

YOUR LEARNING JOURNEY

Building knowledge, skills and confidence for life



MY LEARNING JOURNEY

A ROADMAP FOR GROWTH

Explore your learning across your journey through school. Build knowledge, skills and confidence for life.



Body and mind
Understanding yourself and staying well



Relationships
Building healthy connections



My place in the world
Understanding your role and responsibilities



Future ready
Building skills for your future



AUTUMN 1



AUTUMN 2



SPRING 2



SUMMER 1



SUMMER 2



Body and mind
Emotional wellbeing

- Coping with change.
- Exploring emotions, worry, anxiety, physical activity, wellbeing, vaccinations



My place in the world
Careers

- Self identify, dream jobs. What is a career, entrepreneurs, work life balance, careers in the future



Relationships
The family

- Family relationships, marriage and the alternatives, forced marriage, raising children, unsafe relationships, changing relationships



My place in the world
Being British

- Diversity, tolerance, Britishness, British values, British politics



Relationships
Self respect

- Self respect, sexual harassment, consent, withholding consent, personal safety, trusting instincts



My place in the world
Finance

- Saving, spending, paying, budgeting, value for money

YEAR 7



Body and mind
Health and wellbeing online

- Mental health issues, happiness, online excess, image sharing, target adverts, unsafe behaviour online, social media and conflict



Relationships
Identity and relationships

- Self esteem, green flags, your impact on others, sex and consent, contraception, STIs



My place in the world
Finance

- Savings, interest, borrowing products, mortgages, stocks and shares



My place in the world
Careers

- My skills, what comes after school, decision making, taking control of your journey, working and earning



Body and mind
Personal safety

- Vaping, smoking, alcohol and the law, drugs and the law, prescription medication, substance dependency



Body and mind
Managing risk

- Knife crime, self harm, fake news, refugees, exploitation, FGM, summer safety

YEAR 8



Body and mind
Digital resilience

- Internet violence, online scams, grooming, peer pressure, risk management, negative influences, incels



Relationships
Relationships

- Stereotypes, relationship skills, skills for ending relationships, power inequalities, AI chatbots, deep fakes



My place in the world
Finance

- Savings, interest, borrowing products, mortgages, stocks and shares



My place in the world
Careers

- My skills, what comes after school, decision making, taking control of your journey, working and earning



Relationships
Intimate relationships

- Sexual violence, harmful sexual behaviour, stalking, porn, coercive control, rape



Body and mind
Health

- Looking after your health, accessing health care, medical consent, first aid, menstrual health, reproductive health, importance of sleep

YEAR 9



Body and mind
Careers and wellbeing

- Career paths, employer profiles, career types, stress, anxiety, self awareness, being your own cheerleader



My place in the world
Finance

- Making the most of your money, financial challenges, budgeting, saving money, next steps after school, payslips



Relationships
Intimate relationships

- Knowing when you're ready, online relationships, mental health in sexual relationships, where to get help, risks of alcohol and drugs with consent, strangulation



Body and mind
Managing influence

- Dark side of social media, body positivity, role models, sexting, online gambling



My place in the world
Exams and work experience

- Revision, exam stress, anxiety, work experience, potential work experience issues



Relationships
Healthy relationships

- Communicating core values, fertility, coercion, domestic abuse, harassment

YEAR 10



Body and mind
The science of learning and wellbeing

- Science of learning, retrieval, wellbeing and stress, avoiding distractions, gaining independence, loss and grief, organ donation



My place in the world
Careers

- Post 16 choices, decision making, researching volunteer and paid work, money talks, is AI a threat to our jobs?



Body and mind
Your body your choice

- STI's, self examination, contraception recap, choices around pregnancy, menopause



My place in the world
Finance

- My money matters, saving for life, making the most of money, borrowing and debt, financial options after school, risk and reward



Relationships
Relationships beyond school

- Managing fear, friendships beyond school, new relationships, working relationships, managing friendship changes

YEAR 11



YOUR FUTURE AWAITS

SMSC Task Toolkit



The Great Friend

How would you help/advise a friend in this situation? Record at least 5 bullet points in your journal

The Politician

What new laws would you make to improve this situation? Write a short speech in your journal



The Law Enforcer

What is the law in this situation? Do you think the law is correct? Record the key points in your journal



The Journalist

What questions would you ask someone who had been in home? Record the key points in your journal



The Politician

What new laws would you make to improve this situation? Write a short speech in your journal



The Debater

Divide your journal page in 2 and list both sides of the debate



The Designer

Design and sketch a poster which draws attention to the issue



The Stereotyper

How might people get stereotyped in this situation? Is this fair or unfair? Record in your journal



The Change Maker

What could you do to make a change for the better? Record in your journal

The Empath

How does this topic make you feel? How can you deal with these emotions? Record in your journal

