

Year 1	
Autumn	Relationships and communication
	<ul style="list-style-type: none"> Things I like My strengths and weaknesses My special people Getting to know others Differnt family make ups Turn taking Safe friendships PANTS- inappropriate touch Zones of Regulation
Spring	Keeping safe
	<ul style="list-style-type: none"> Hygiene- handwashing Hygiene- toothbrushing Healthy plates Balancing outdoor time and screen time Sun safety Recap zones- safe behaviour Online safety- tell an adult
Summer	Lifeskills
	<ul style="list-style-type: none"> Recap zones- safe behaviour Rules school and community How to care for an animal Recycling Road safety Water safety Different jobs in society

Year 2	
Autumn	Relationships and communication
	<ul style="list-style-type: none"> My behaviour and me What makes a good friend Strategies for positive play How to solve arguments with friends What is bullying- different types Peer pressure Team work Suprise or secret- dangerous relationships Positive play
Spring	Keeping safe
	<ul style="list-style-type: none"> The importance of sleep Healthy routines- exercise/ food/ hygiene Zones recap- calming strategies Identifying body parts- including genitalia Recognising everyday risks Medicines and creams How to respond in an emergency
Summer	Lifeskills
	<ul style="list-style-type: none"> Accepting others- religious, race etc Having responsibility Fact vs fiction on the internet Needs and wants Recognising diffent coins and notes Getting and spendng money Road safety recap My job aspirations

Year 3	
Autumn	Relationships and communication
	<ul style="list-style-type: none"> Zones recap- recognise my feelings Others' feelings What a family looks like The role of family Privacy and personal boundaries Staying safe online- passwords etc Bullying- include online Respecting other cultures My strengths and weaknesses
Spring	Keeping safe
	<ul style="list-style-type: none"> Healthy and unhealthy choices Mental health- what affects our feelings Zones recap- stratgies for calming Identifying risks at home, school and community Fire safety- smoke alarms Firework safety Travel safety (road, rail walk etc)
Summer	Lifeskills
	<ul style="list-style-type: none"> Rights and responsibilities Find information on the internet Internet safety inc age ratings and catfishing Jobs and career changes Charity work Stereotypes- challenging them CHALLENGE- try a new hobby!

Every Year: CPR
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Year 4	
Autumn	Relationships and communication
	<ul style="list-style-type: none"> Building positive friendships Positives and negatives of online relationships Bullying When does playful teasing become bullying Peer pressure When is a secret not a secret Respecting others differences Care in the community
Spring	Keeping safe
	<ul style="list-style-type: none"> Staying safe in the community Staying safe online- images Staying safe online- personal data The impact of adverts Oral hygiene Puberty- body changes/ emotional Puberty- body changes/ periods, wet dreams Drugs good and bad
Summer	Lifeskills
	<ul style="list-style-type: none"> Making spending decisions- real life context Tracking your money- bank accounts, e-pay etc Healthy balance food and exercise How to recognise when you are ill Pharmacy, doctor or emergency Full body hygiene- showers, deoderant Jobs- what do you want to be

Year 5	
Autumn	Relationships and communication
	<ul style="list-style-type: none"> Healthy friendships- including others Peer pressure- strategies Conflict resolution Acceptable touch Raising concerns Accepting others and their lifestyles Discrimination- racism Discrimination- Homophobia
Spring	Keeping safe
	<ul style="list-style-type: none"> Online bullying- reporting Sun safety Positive influences on mental health Medicines, illness and allergies Preventing the spread of bacteria The importance of being yourself- including LGBTQ+ Positive vs negative risks What to do in an emergency FGM
Summer	Lifeskills
	<ul style="list-style-type: none"> Basic first aid Animal care Protecting the environment Fact vs opinion Recognising unsafe online content Future careers Benefits of work inc pay, working conditions Routes into work- college, apprenticeship, uni

Year 6	
Autumn	Relationships and communication
	<ul style="list-style-type: none"> Friendship or romance Different relationships hetro, LGBTQ+ Marriage and forced marriage Healthy and unhealthy relationships Peer pressure- strategies Consent Role models
Spring	Keeping safe
	<ul style="list-style-type: none"> Mental health and wellbeing Recognising feelings- strategies ZOR Berevement Balancing screen time Challenges of increased independence Sex, pregnancy and contraception Responsibilities of a parent Online safety- data, pictures, age ratings Drug abuse Smoking and alcohol
Summer	Lifeskills
	<ul style="list-style-type: none"> Recognising prejudice and discrimination Recognising altered images online Body image Money risks- debt, fraud and gambling Understanding the value of money Shopping- how to use the self serve checkout Volunteering- in the community Different jobs in society

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	Year 7	Other links
Autumn	Relationships and communication	
	All about me My relationships- friends and relatives What is an unhealthy relationship Peer pressure Bullying Diversity Discrimination	
Spring	Keeping safe- inc. TITAN	
	Zones of regulation- safe behaviour Safe travel What makes a healthy lifestyle Kitchen safety- healthy diet Additction- drugs and alcohol Puberty body changes- hygiene FGM	
Summer	Lifeskills- Inc TITAN	
	Careers- my future aspirations Saving money Enterprising- teamwork/ charity Enterprising- making money	DUCTU Red Cross DUCTU Red Cross

	Year 8	Princes trust units
Autumn	Relationships and communication	
	Healthy relationships Positive communication Recognising relationshis vs friendships Sexting Consent Contraception Discrimination Transphobia	Unit 8 PDE skills Unit 8 PDE skills
Spring	Keeping safe- inc. TITAN	
	Mental health and wellbeing Positive vs negative coping strategies ZOR recap- my strategies Eating disorders Body image- impact of social media Mental health- impact of social media	Unit 14 Wellbeing Unit 14 Wellbeing Unit 14 Wellbeing Unit 14 Wellbeing
Summer	Lifeskills- Inc TITAN	
	Issues in the local community Plan to solve issue Do something about it- active Tell others	Unit 2 community impact Unit 2 community impact Unit 2 community impact Unit 2 community impact

	Year 9	Princes trust units
Autumn	Relationships and communication	
	Different types of families Conflict resolution Divorce Consent The consequences of unprotected sex Sex and masterbation Pornography	
Spring	Keeping safe	
	Homelessness Gangs Knife crime County lines Hobbies for mental health- new hobby Hobbies for mental health- new hobby Body image A balanced lifestyle	Unit 11 sustainability Unit 16 Wellbeing physical Unit 16 Wellbeing physical
Summer	Lifeskills	
	Post 16 options and careers Digital safety First aid Employability skills- CV/ interviews Vocational profile and Work experience prep.	Unit 4 Digital skills Unit 1 career planning Unit 1 career planning

Every Year from Y7: Condom demonstration
Every Year: CPR
Year 9- Enterprise project PT unit 13

Year 10		Princes trust units
Autumn	Lifeskills	
	Politics- voting system Democracy vs dictatorship Budgeting Banking Fraud and cyber crime Good and bad debt World of work- CVs- vocational profiles	Unit 7- Managing money Unit 7- Managing money
Spring	Relationships and communication	Unit 5- preparing for work experience
	Work experience Pornography Consent- inc manipulation and coercion Sex- including pleasure Online relationships pros and cons Radicalisation Challenging discrimination	Unit 6- Work experience Unit 3- Customer experience Unit 3- Customer experience
Summer	Keeping safe	
	Strategies to improve mental health Stigma and stereotypes of mental health Managing changes during adolescence Role models Substance abuse Addiction- alcohol, cigarettes The impact of addiction on others Domestic violence CPR	Unit 15 Wellbeing healthy eating Unit 15 Wellbeing healthy eating

Year 11		Princes trust units
Autumn	Lifeskills	
	Post 16 options Careers Work life balance Interviews How to write an application inc personal statements Vocational profiles CPR	Unit 9- Presentation skills Unit 9- Presentation skills
	Communication- wants and needs and feelings	Unit 12- teamwork
	Gender, identity and sexuality- about me Recognising abusive relationships Exit strategies for abusive relationships	Unit 12- teamwork
Summer	Keeping safe	
	Stress management Safe sex Unplanned pregnancy- options Cancer Self examination- cancer First aid Personal safety- day to day Blood and organ donation	Unit 10- Project based learning Unit 10- Project based learning Unit 10- Project based learning

Every Year from Y7: Condom demonstration

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