

## Lifeskills Plan September 2021-22

	Term 1 Health and Wellbeing	Term 2 Citizenship	Term 3 Living in a Wider World	Term 4 Relationships	Term 5 Living in a Wider World	Term 6 Health and Wellbeing
<b>Year 7</b>	<b>Transition, safety and wellbeing</b> Transition to secondary school and personal safety in and outside school, including first aid. An introduction to mindfulness strategies.	<b>Government and politics</b> Monarchy and the government, an introduction to politics, voting and elections. Media influence and Community cohesion.	<b>Developing skills and aspirations</b> Careers, teamwork, enterprise skills and raising aspirations.	<b>Diversity and building relationships.</b> Diversity, prejudice, and bullying. Self-worth, friendships (including online), relationship boundaries, consent and harassment.	<b>Online safety</b> Online safety, cyberbullying, sharing images, using technology positively, digital footprint, social media safe and private.	<b>Health and puberty</b> Healthy routines, personal identity, influences on health, puberty, and FGM
	Term 1 Health and Wellbeing	Term 2 Living in a Wider World	Term 3 Citizenship	Term 4 Health and Wellbeing	Term 5 Relationships	Term 6 Living in a Wider World
<b>Year 8</b>	<b>Emotional wellbeing</b> Mental health and emotional wellbeing, including body image and coping strategies and an introduction to first aid.	<b>Workplace and ethics</b> Employability, workplace skills, self-discipline, the labour market. Sustainability, avoiding debt, shopping ethically and consumer rights	<b>Financial decision making and human rights</b> Saving, borrowing, budgeting and making financial transactions. Human rights and responsibilities.	<b>Personal safety and influences</b> Personal safety, smoking and vaping. Alcohol and drug misuse and pressures relating to drug use.	<b>Discrimination, identity and relationships.</b> Discrimination in all its forms, including: racism, religious, disability, sexism, and homophobia. Identity, radicalisation, exploitation and consent.	<b>Online safety</b> Online grooming, cyberbullying, sharing images, consent, media reliability and gambling hooks.
	Term 1 Health and Wellbeing	Term 6 Living in a Wider World	Term 3 Relationships	Term 4 Living in a Wider World	Term 5 Health and Wellbeing	Term 6 Relationships
<b>Year 9</b>	<b>Healthy Lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, the importance of sleep, health checks and first aid.	<b>Digital citizenship and personal finance</b> Digital footprint, who owns your data and impact of data sharing. Income and expenditure.	<b>Respectful relationships</b> Families and parenting, healthy relationships, consent, respect and relationship changes.	Hbacc project – work experience.	<b>Influences and friendships</b> Peer influence, substance use and gangs. Healthy and unhealthy friendships.	<b>Intimate relationships</b> Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography.

	<b>Term 1 Health and Wellbeing</b>	<b>Term 2 Living in a Wider World</b>	<b>Term 3 Relationships</b>	<b>Term 4 Health and Wellbeing</b>	<b>Term 5 Living in a Wider World</b>	<b>Term 6 Relationships</b>
<b>Year 10</b>	<b>Mental Health</b> Mental health, stigma, managing social anxiety, eating disorders, grief and bereavement and first aid.	<b>Applications and financial decision making</b> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices. Application support including CV and covering letter.	<b>Extremism, diversity and safe relationships</b> Challenging extremism, radicalisation, child exploitation, diversity and discrimination and conflict resolution.	<b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media.	<b>Next Steps</b> Skills Audit, careers and subject library, options for next steps and interview skills.	<b>Communication in relationships</b> Personal values, assertive communication (including in relation to consent, contraception and sexual health), relationship challenges.
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<b>Year 11</b>	<b>Building for the future</b> Self-efficacy, stress management, and future opportunities and a reminder of first aid.	<b>Next steps</b> Application processes, and skills for further education, employment and career progression.	<b>Healthy relationships</b> Consent, harassment, a reminder of contraception and sexual health and the impact of the media and pornography.	<b>Government, politics and human rights</b> Parliament, democracy and electoral systems. Human rights and responsibilities. Public services and funding.	<b>Families and relationships</b> Different families and parental responsibilities, marriage, pregnancy and fertility.	