Life			E A
L	Year 7	Year 8	THE STATE OF THE S
Autumn 1	Emotional Resilience	Kindness and Caring	AMP AMP
	Recognise Features of our emotional wellbeing and strategies to support wellbeing  Respond When and where to get help from trusted adults and emotional support services online and in the community  Resources  DEAL (Developing Emotional Awareness and Listening) https://www.samaritans.org/how-we-can-help/schools/deal/	Recognise Explore and identify the others for own emotions and formal caring opport communities and society  Respond Demonstrate opportunit know how to access opportunits. Know when and well as the communities are constructed by the construction of the construction	ies to be kind and care in my own life and ortunities to develop my skills to support where to access support for carers including roung people who provide care and their
Autumn 2	Digital Me!	Diverse Communities	
	Recognise  Benefits and challenges of creating and managing social media profiles safely.  Identify risks to my own and others safety including safeguarding my digital footprint. Evaluate the choices I will be able to make when I am 13 and able to access social media.  Respond	Spring 2) Digital Me (Aut Recognise Identify the features of in values we share with oth our local and national co	ndividual and shared identities. Explore the lers and diversity in expression of identity in mmunities. Understand the heritage we s and the celebration of culture we

Know and be able to demonstrate a range of strategies to secure social media and online identity and mange contact safely. Know where and when to seek support and report online activity which is harmful from trusted adults and other recognised support organisations who can keep me safe.

#### Resources

 $https://www.thinkuknow.co.uk/14\_plus/Need-advice/Digital-footprint/$ 

#### Respond

Know how to respect identity and heritage in the community through my knowledge and understanding. Know when and where to report if I experience behaviour which does not respect diversity and inclusion in the community or online.

#### Resources

https://equaliteach.co.uk/education/classroom-resources/https://www.bbc.co.uk/bitesize/topics/z8dj6sg

#### Spring 1 It's Not OK

#### Recognise

Features of healthy relationships and when behaviour is harmful and needs to be reported. What to do if I feel unsafe and strategies to report and the support I can expect.

### Respond

When and where to get help from trusted adults and what to do if I feel my usual support network is not available to me. How and when to report the behaviour of peers and adults who I feel concerned about online, in person and in the event of an emergency.

#### Resources

NSPCC 'It's Not OK' Becky (in person grooming) Mikey (anger management/sexual expectation) Leanne (child sexual exploitation) Harry (sexual images) (https://learning.nspcc.org.uk/researchresources/schools/its-not-ok

## **Families and Parenting**

Reactivate Learning Link – It's Not Ok (Year 7 Spring 1) and Kindness and Caring (Year 8 Autumn 1)Diverse Communities (Year 8 Autumn 1)

## Recognise

Identify family structures and their benefits and challenges in the care of children. Understand the role and responsibilities of parenting a child and how a range of parenting styles impact upon healthy child development.

### Respond

Know when and where to seek support for families and parents/carers in our local community and online, including in a crisis. Demonstrate respect for a range of family structures and understand how these families meet the needs of children.

#### Resources

https://www.home-start.org.uk/ https://www.stonewall.org.uk/resources/different-families-samelove-pack

Spring 2	Life, The Universe and Everything	Healthy Relationships and Respect
Sp8 =	ite	THE STATE OF THE S
_	Recognise	Reactivate Learning Link – Digital Me! (Year 7 Autumn 2 It's Not Ok
		(Year 7 Spring 1)
	Explore my own and other viewpoints about the purpose and origin	
	of human existence. Recognise alternative points of view and	Recognise
	religious faith and non-religious responses.	Identify features of healthy and unhealthy relationships including
		grooming and exploitation. Understand how consent and respect are
	Respond	essential to all relationships including legal protection. Explore and
		evaluate strategies to help to recognise and respond immediately to
	Listen to the opinions of other and demonstrate empathy with views which challenge my own.	my own and others concern about harmful behaviour.
	which challenge my own.	Respond
	Resources	Respond
	nesources	Know when and where to seek support if I am concerned about
	https://www.truetube.co.uk/ Ontological, Cosmological and Design	harmful behaviour in a relationship from a trusted adult, online and
	Arguments for the existence of God. Do we have a soul? Is there life	in person within my community. Demonstrate how the law protects
	after death?	young people and people in relationships including specific
		protection for consent.
		Resources
		https://www.thinkuknow.co.uk/professionals/resources/exploited https://www.childline.org.uk/
		Tittps.//www.ciliulilie.org.uk/
Summer	Lifestyle Choices?	Sexual Health
1		
	Reactivate Learning – Emotional Wellbeing (Autumn 1)	Reactivate Learning – Health Relationships and Respect (Year 8
		Spring 2)
	Recognise	
		Recognise
	Know and be able to identify the harm caused by smoking and	
	alcohol including passive smoking and drink driving. Identify	Identify and explain how sexual contact and sexual intercourse can
	strategies to manage pressure from peers and reasons why my	result in a sexually transmitted infection or pregnancy. Understand
	choices will affect my physical and emotional health outcomes.	how protection and contraception can reduce these risks and that only not having any sexual contact with a person can remove the risk
	Respond	completely.
	nespond	completely.

Demonstrate strategies and evaluate responses to the challenge of pressure from peers and society. Know when and where to seek support from the NHS and within the community if I need help with issues relating to smoking alcohol.

https://riseabove.org.uk/article/play-up-to-you/ https://www.drinkaware.co.uk/blog/drinkaware-launches-newalcohol-education-resources-for-schools https://www.nhs.uk/live-well/

#### Respond

Know where and when to get support with questions I may have about sexual health including online and in person advice and support. Demonstrate strategies to initiate and manage conversations about using contraception and protection in sexual relationships.

# Summer 2

## Managing My Emotional and Physical Wellbeing During Puberty.

Reactivate Learning – Emotional Resilience (Autumn 1) and It's Not OK (Spring 1)

#### Recognise

Develop my understanding of the emotional and physical changes people experience during puberty, including explore and recognising my sexuality. Understand the challenges and range of responses individuals may experience during this stage of development. Identify and explore strategies to manage these changes effectively to enable me to have a positive experience of the transition from child to adult. Know about the harm cause by Female Genital Mutilation. Understand the role of the menopause and impact for emotional and physical wellbeing including fertility.

## Respond

Know when and where to seek support from trusted adults at home and in school if I need help to manage changes. Evaluate the range

# **Marriage and Civil Partnerships**

Reactivate Learning – Healthy Relationships and Respect (Year 8 Spring 2)

## Recognise

Know and understand the legal status of marriage in the UK and why it is valued in many religious communities and in non-religious contexts. I know that marriage should never be forced and how people who are not married and in relationships are protected by the law.

## Respond

Know when and where to seek support from trusted adults at home and in school if I need help to manage changes. Evaluate the range of support and know the role of Childline and Kooth 1-1 chat services if I need help with an issue I am struggling to talk about face to face. Know where to report concern about Female Genital

of support and know the role of Childline and Kooth 1-1 chat services if I need help with an issue I am struggling to talk about face to face. Know where to report concern about Female Genital Mutilation or any aspect of safety to receive immediate emergency support.

#### Resources

https://nationalschoolspartnership.com/initiatives/about-you-2021/https://www.citytosea.org.uk/campaign/plastic-free-periods/rethink-periods
https://youngmenshealthsite.org/emotional-health-index/https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/https://www.kooth.com/

Mutilation or any aspect of safety to receive immediate emergency support.

#### Resources

https://www.parliament.uk/about/livingheritage/transformingsociety/privatelives/relationships/overview/lawofmarriage-/

https://www.gov.uk/guidance/forced-marriage

Life



Life

