

Skills for life overview including RSE

Key stage 3

The table below gives an overview of the topics that will be taught within Skills for Life lessons during each half term. The points may refer to full lessons or content that will be covered as part of a lesson. The curriculum plan has been devised using the 'Relationships Education, Relationships and Sex Education and Health Education Statutory Guidance', DfE 2019 and the PSHE Association 'Thematic Model' Programme Builder for Key Stages 3-4.

Year group	SOW 1- Be Happy Be safe (BHBS)	SOW 2- Learning to learn	SOW 3- Money matters	SOW 4- Equality	SOW 5- RSE	SOW 6- Law and Justice
7	Welcome challenge and leadership skills Self esteem Peer pressure Online safety. Growth mind set and mental health well-being. Team building /friendship changes and bullying	The brain Concentration and improving memory Linking strategies Routes to learning Perseverance and growth mind-set	Needs and wants Careers and potential earnings How to save money How to budget Debt Gambling	2010 Equality Act Racism and prejudice Prejudice teenagers and the media LGBT+ and Transphobia Disability	Hygiene Puberty Periods FGM Consent and boundaries	Criminal and civil law Young offenders Consumer law Careers linked to law The law and the dark web

	SOW 1- Careers	SOW 2- Heartstart	SOW 3- Managing mental health and wellbeing	SOW 4- Safety	SOW 5- RSE	SOW 6- Drugs
8	<p>Job roles in the NHS</p> <p>Skills and knowledge research and teamwork</p> <p>Understanding Job descriptions</p> <p>Creating job adverts</p>	<p>First Aid-responding to an emergency situation</p> <p>Cuts and bruises</p> <p>Choking</p> <p>Breaks and sprains</p> <p>Recovery position</p> <p>CPR</p>	<p>Mindfulness</p> <p>Relaxation</p> <p>Stress</p> <p>Self-Harm</p> <p>Anxiety</p> <p>Positivity and happiness</p> <p>Self esteem</p>	<p>Alcohol</p> <p>Smoking and vaping</p> <p>Gangs</p> <p>Knife crime</p> <p>County Lines</p>	<p>Introduction to RSE. Ground rules re-cap. Signposting support</p> <p>Hygiene</p> <p>Body image and social media</p> <p>Coersive control and controlling relationships</p> <p>Grooming and CSE</p> <p>Consent</p> <p>Equality and LGBTQ</p>	<p>Risks relating to caffeine, nicotine and alcohol</p> <p>Attitudes and managing influences in relation to alcohol and other drugs</p> <p>The law in relation to alcohol and other drugs</p> <p>Health implications of alcohol and other drugs</p> <p>Assessing risk and Help seeking, addiction and sources of support</p>

	SOW 1- BAME- A history explored	SOW 2- RSE	SOW 3- Careers and option choices	SOW 4- Rights and responsibilities	SOW 5- Keeping safe	SOW 6- Money and the world beyond school
9	<p>Black history</p> <p>Windrush, Bristol Bus Boycott</p> <p>Racism in Britain up to 1980</p> <p>An exploration of racism 1980-2021</p> <p>Racism today- Standing up for change</p>	<p>What is a healthy relationship</p> <p>Consent</p> <p>Cyber safety</p> <p>Sexting</p> <p>Sexual identity</p> <p>Sexually transmitted infections</p> <p>Contraception</p>	<p>Skills and qualities</p> <p>Subject research- Making the right choices</p> <p>Colleges research</p> <p>Career choice planning</p> <p>Creating a CV</p>	<p>What is Parliament</p> <p>Roles in democracy</p> <p>Why democracy matters</p> <p>Setting up a political party</p> <p>Voting</p>	<p>Alcohol</p> <p>Drugs- The different types</p> <p>Drugs and the law Cannabis and Spice</p> <p>Nitrous Oxide</p> <p>Heart Start re-cap- how to save a life.</p>	<p>Re-cap on saving</p> <p>Jobs and pay research activity</p> <p>Interview skills CV- Re-visit and using it to get a job</p> <p>Taxes and reading a payslip</p> <p>How to manage household bills</p> <p>Mortgages</p> <p>How to access help with debt management.</p>

Key stage 4

In Year 10 and 11 students are taught on a carousel. Skills for life is delivered as part of the carousel. Below is an outline of the content delivered.

Year group	Relationships and Family life	Mental Health and wellbeing
10	<p>Human Sexuality</p> <p>Different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect them</p> <p>Sexual relationships</p> <p>Contraception and family planning. How to choose and access appropriate contraception (including emergency contraception) and negotiate contraception use with a partner</p> <p>The communication and negotiation skills necessary for contraceptive use in healthy relationships.</p> <p>The risks related to unprotected sex</p> <p>The consequences of unintended pregnancy, sources of support and the options available.</p>	<p>To make informed lifestyle choices regarding sleep, diet and exercise</p> <p>The benefits of having a balanced approach to spending time online</p> <p>How self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this</p> <p>How different media portray idealised and artificial body shapes; how this influences body satisfaction and body image and how to critically appraise what they see and manage feelings about this</p> <p>Strategies to develop assertiveness and build resilience to peer and other influences that affect both how they think about themselves and their health and wellbeing</p> <p>To identify, evaluate and independently access reliable sources of information, advice and support for all aspects of physical and mental health</p> <p>The characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people's mental health</p>

	<p>The legal rights, responsibilities and protections provided by the Equality Act 2010</p> <p>Marriage</p> <p>Divorce</p> <p>The health services available to people; strategies to become a confident user of the NHS and other health services; to overcome potential concerns or barriers to seeking help</p>	<p>About change and its impact on mental health and wellbeing and to recognise the need for emotional support during life changes and/or difficult experiences</p> <p>A broad range of strategies — cognitive and practical — for promoting their own emotional wellbeing, for avoiding negative thinking and for ways of managing mental health concerns</p> <p>To recognise warning signs of common mental and emotional health concerns (including stress, anxiety and depression), what might trigger them and what help or treatment is available</p> <p>The importance of and ways to pre-empt common triggers and respond to warning signs of unhealthy coping strategies, such as self-harm and eating disorders in themselves and others.</p> <p>How to recognise when they or others need help with their mental health and wellbeing; to explore and analyse ethical issues when peers need help; strategies and skills to provide basic support and identify and access the most appropriate sources of help</p>	
11	RSE	Careers	Healthy Lifestyle choices
	<p>The different types of intimacy — including online — and their potential emotional and physical consequences (both positive and negative)</p> <p>Specific STIs, their treatment and how to reduce the risk of Transmission</p> <p>How to respond if someone has, or may have, an STI (including ways to access sexual health services)</p>	<p>Interviews- exploring post 16 options with a Careers specialist</p> <p>College applications</p> <p>Work experience reflection</p> <p>Being ready for work- CV up to date.</p>	<p>Making informed lifestyle choices regarding sleep, diet and exercise</p> <p>The benefits of having a balanced approach to spending time online</p> <p>Being able to identify, evaluate and independently access reliable sources of information, advice and support for all aspects of physical and mental health</p>

	<p>Strategies to overcome barriers, (including embarrassment, myths and misconceptions) about sexual health and the use of sexual health services</p> <p>Healthy pregnancy and how lifestyle choices affect a developing foetus</p> <p>Fertility can vary in all people, changes over time (including menopause) and can be affected by STIs and other lifestyle factors</p> <p>The possibility of miscarriage and support available to people who are not able to conceive or maintain a pregnancy</p> <p>Choices and support available in the event of an unplanned pregnancy, and how to access appropriate help and advice</p>		<p>Health services available to people; strategies to become a confident user of the NHS and other health services; to overcome potential concerns or barriers to seeking help</p> <p>The purpose of blood, organ and stem cell donation for individuals and society</p> <p>How to take increased personal responsibility for maintaining and monitoring health including cancer prevention, screening and self-examination</p> <p>How to assess and manage risks associated with cosmetic and aesthetic procedures, including tattooing, piercings and the use of sunbeds</p> <p>The ways in which industries and advertising can influence health and harmful behaviours</p> <p>Heartstart re-cap including Recovery position and CPR</p>
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