

Intent:		
<p>Our intention is to provide an accessible Life programme of study that covers PSHE and Citizenship. It aims to:</p> <ul style="list-style-type: none"> • Provide students with opportunities to explore and challenge a range of values and attributes surrounding political, moral and social issues • Provide students with the knowledge and skills they need to keep themselves healthy and safe, and to care for both their physical and mental wellbeing • Prepare students to take their place in society as responsible citizens <p>Delivery: One hour per week for all students across both Key Stages. The Life programme consists of elements of both PSHE and Citizenship. We follow the statutory guidance for RSE and Health Education and our planning is also informed by the PSHE associations programme of study and separated into three main areas of teaching: Relationships, Health and wellbeing and Living in the wider world. Our Life programme is a valued part of our curriculum which seeks to ensure our students leave as happy and healthy individuals equipped with the skills needed to make informed decisions about their future.</p>		
Implementation:		
Year 7	Autumn 1	<p>Health and wellbeing <u>Transition and safety:</u> dealing with anxiety, study skills, road safety, rail and water safety, fire safety</p>
	Autumn 2	<p>Relationships <u>Diversity:</u> Rights and responsibilities, prejudice and bullying, responding to bullying, identity</p>
	Spring 1	<p>Living in the wider world</p>

Life Curriculum Overview

		<u>Developing skills and aspirations:</u> Teambuilding, communication, resilience, problem solving, CEIAG
	Spring 2	Relationships <u>Building relationships:</u> Hygiene and puberty, positive relationships, unwanted contact, communicating consent, FGM
	Summer 1	Health and wellbeing <u>Physical and mental wellbeing:</u> First Aid, self-worth/self-confidence, use of leisure time, Physical activity
	Summer 2	Living in the wider world <u>Digital literacy:</u> Consumerism, making good financial choices, saving, spending, budget, ethical v unethical businesses, Fair trade
Year 8	Autumn 1	Health and wellbeing <u>Physical and emotional wellbeing:</u> First Aid, Vaccinations and immunisations, mental health, body image, self-harm, eating disorders, coping strategies
	Autumn 2	Relationships <u>Identity and relationships:</u> Healthy friendships/relationships, gender identity and expression, sexual orientation, consent/sexting, contraception, CSE
	Spring 1	Health and wellbeing <u>Drugs and alcohol:</u> medicinal and recreational drugs, prescription and over the counter, habit and dependence, alcohol, tobacco, vaping, energy drink and drugs in sport, county lines
	Spring 2	Living in the wider world Community: Equality and opportunity in careers, challenging stereotypes and discrimination in work and pay, employment and self-employment, setting goals for the future, rights and responsibilities
	Summer 1	Relationships <u>Discrimination:</u> Sexism, homophobia, racism, religious discrimination, biphobia, transphobia
	Summer 2	Living in the wider world <u>Financial decision making and safety:</u> Online safety, Social networking sites - age restrictions, Recognising grooming, media reliability, online gambling

Life Curriculum Overview

Year 9	Autumn 1	Living in the wider world <u>Setting goals:</u> Democracy and voting systems, managing feelings about the future, different types of employment and careers, how to demonstrate transferable skills and strengths (DWP), how to work towards aspirations and setting meaningful targets
	Autumn 2	Health and wellbeing <u>Peer influence, substance use:</u> Healthy and unhealthy friendships, assessing the risk of online influence, knife crime/CCE, managing risks in relation to gangs, Alcohol misuse, positive/social norms/legal and health risks
	Spring 1	Relationships <u>Respectful relationships:</u> Different types of families and parenting, positive relationships in the home, managing relationships and family changes, conflict and causes (family and friends), conflict resolution
	Spring 2	Health and wellbeing <u>Healthy lifestyle:</u> First Aid, Teenage cancers, relationship between physical and mental health, Healthy eating, body image
	Summer 1	Relationships <u>Intimate relationships:</u> Consent, contraception, STIs, sending and sharing sexual images, CSE
	Summer 2	Living in the wider world <u>Employability skills:</u> Young people’s employment rights, enterprise and employability, giving/receiving and acting upon feedback, managing ‘personal brand’
Year 10	Autumn 1	Relationships <u>Extremism and radicalisation:</u> Human rights, Equality Act, Diversity, values, communities, inclusion, respect, belonging, challenging discrimination, extremism and radicalisation, social media – mis-representation/targeting, managing misleading information
	Autumn 2	Health and wellbeing

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		<u>Physical and mental health:</u> First Aid, facing adolescent changes, reframing negative thinking, mental health in the media/challenge stigma and stereotyping, promoting mental health and emotional wellbeing
	Spring 1	Relationships <u>Healthy relationships:</u> Forming and conducting relationships online, impact of media and pornography, relationships and sex expectations/asexuality, abstinence, celibacy, assumptions, misconceptions, social norms about sex, gender and relationships, consent, coercion / CSE
	Spring 2	Health and wellbeing <u>Exploring influence:</u> Positive and negative role models, media impact on perception of gang culture, impact of drugs and alcohol on individuals, how drugs and alcohol affect decision making, seeking help/CCE
	Summer 1	Living in the wider world <u>Financial decision making:</u> Effective budgeting/prevent and manage debt, Understanding credit rating and lending, Fraud and cyber-crime, Gambling, CV Writing (Input from Wrexham Uni),
	Summer 2	Living in the wider world <u>Work experience:</u> Opportunities in learning and work / evaluating strengths and weaknesses, responsibilities in the work place, evaluating and building on the learning from work experience, post 16 pathways, careers
Year 11	Autumn 1	Relationships <u>Communication in a relationship:</u> CSE, Gender identity and expression, communicating wants and needs, how to communicate assertively/unhealthy relationships, handling unwanted attention, challenging harassment
	Autumn 2	Living in the wider world <u>Next Steps:</u> Effective revision techniques, set and achieve SMART targets, Post 16 and careers pathways, Post 16 applications, Personal statements, Rights and responsibilities of working part time whilst studying / managing work/life balance
	Spring 1	Health and wellbeing

Life Curriculum Overview

		<u>Building for the future:</u> First Aid, Managing judgement from others and challenging stereotyping, balance ambition and unrealistic expectation, Motivation/resilience/stress management, Balancing time online
	Spring 2	Relationships <u>Families:</u> Marriage, Inc. forced marriage and honour based killing, Pregnancy, birth, miscarriage, fertility, Abortion, parenting
	Summer 1	Health and wellbeing <u>Independence:</u> registering with doctors, accessing sexual health clinics, managing risk and safety in new independent situations, vaccinations, risks with cosmetic surgery, Lifestyles and cancer, CCE
	Summer 2	