

LIFE SKILLS: Scheme of Learning Long Term Plan – RSHE Content Highlighted

Week	Year 7	Year 8	Year 9	Year 10	Year 11
1	What is Life?	Actions have consequences	Friendship Challenges	Dealing with Change	Income & Tax
2	Personal Beliefs	P&D – Religion	Gangs & Violent Crime	Managing Change	Income & Pensions
3	Personal Skills	P&D – Disability	County Lines	Reframing negative thinking	Somewhere to Live (ICT)
4	Human Rights	P&D – Difference	Drugs & effects	Depression, Anxiety & Misconceptions	Getting to work (ICT)
5	Water safety	Being an active bystander	Drugs & the law	Managing Mental Health	Just until pay day
6	How do I manage my time?	Police & Emergency Services	Drugs & Risk	Alcohol & Mental health	Risk & Reward 1
7	How do I manage my sleep?	Courts	Sexuality Timeline	Substances & Risk-taking behaviour	Risk & reward 2
8	How do I manage my diet?	Prisons	Consent & Assumptions	Drugs & Safety	Digital Footprints
9	How do I manage diet & exercise?	Online safety	Consent & Consequences	Prescription Drugs	Conflict Management
10	How do I manage my feelings?	Online Propaganda	Sexting	Tattoos & Piercings	Dealing with Exam Stress
11	How do I manage my money?	Should I watch that	Healthy & Unhealthy Relationships	Cosmetic & Aesthetic Procedures	Personal Safety
12	Autumn Term Assessment	Autumn Term Assessment	Autumn Term Assessment	Autumn Term Assessment	Autumn Term Assessment
13	How do I manage relationships?	Live Streaming & Gaming	Public Sexual Harassment	Talking about sex	Drugs – Managing Influences
14	What is a good friendship?	Drugs & Caffeine	Managing Unwanted Attention	Enthusiastic Consent	Drugs – Help Seeking
15	Online safety	Drugs & Nicotine	Bullying or Banter?	Consent: Pressure, Persuasion & Coercion	Online Sexual Harassment
16	Social media – the pros and cons	Saving & Borrowing	Managing my Money	Impact of Pornography	Responding to Sexual Harassment
17	Bullying or Banter?	What's it worth	Gambling & Addiction	Consent – Pornography	Reporting Online Sexual Harassment
18	Cyberbullying	Fraud	Avoiding Debt	Revenge Pornography	Self-examination
19	Peer Pressure	Budgeting	Financial Exploitation (fraud)	Sexual Harassment	Grief & Bereavement
20	Online Bullying	Consent	Identity Fraud	Reporting sexual harassment	Suicide prevention
21	Peer on Peer Abuse	Safe Relationships	Mental Health & Anxiety	Relationship Abuse	Expectations around sex
22	Puberty	Comparisons	Positive Mental Health	Marriages	Consent: responsibilities & consequences
23	Spring Term Assessment	Body Shaming	Unhealthy vs Healthy coping strategies	Conflict Management	Consent: Communicating wants & needs
24	Puberty & me	Body Confidence	Mental health & alcohol	Spring Term Assessment	Contraception
25	Puberty & periods	Spring Term Assessment	Spring Term Assessment	Digital Footprints & Careers	Safe sex
26	Identity & Diversity	Sexting & Nudes	Careers	Skills for employment	Fertility & options
27	Immigration	Dangers of pornography	Skills for Employment	Understanding behaviours for work	STI's
28	Diversity & Extremism	The Unwritten Rules of being a man	Employability	Understanding the workplace	Pregnancy & Miscarriage
29	Relationships – starting with me	Gender based violence & misogyny	Jobs & Occupations	Employment rights & responsibilities	Abortion – incl. emergency contraception & unwanted pregnancy
30	Consent	Choices & timings	Workplace relationships & employer expectations	Careers – workplace relationships	Having a baby, adopting & fostering
31	Human Reproduction & sex	Age-appropriate relationships & intimacy	Spotting Extremist Views	Making applications & careers	Parenting
32	Attraction & crushes	Red flags & ending relationships	Extremism & Radicalisation	Privilege	Coercive control
33	FGM & forced marriage	Contraception	The History of UK Democracy	Racism	Coercive control
34	Smoking & Vaping	STI's	Politics & Me	Sexuality	
35	Alcohol	Sepsis	Our Political Party 1	Extremism	
36	Cannabis	First Aid - bleeding	Our Political Party 2	Trade Unions	
37	Nitrous Oxide	My personal & academic strengths	Local Democracy	Budgeting	
38	Driving & Road Awareness	Different Careers (ICT)	Community Involvement	Homelessness	
39	Growth Mindset	My Career Ladder (ICT)	Growth Mindset	Blood, organ & stem cell donation	
Cover	My Club	Better Things to do	Fake News	20's plenty	
	Managing my Mental Health	What is an MP?	Screen time	Social media	
	Vaping	Cigarette Packaging	Antisocial behaviour	Dating apps & relationships	
	Everyone is Awesome	The Right to Protest	How laws are made	Is honesty overrated?	
	Smartphones	Airbrushing	Entrepreneurship		
	Sleep	The work of the UN			