



Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Y9	<p><b>Big Question</b> To what extent does the world I live in affect my identity?</p> <p>Personal identity and intimate relationships Peer approval Social media Self-identity Perceptions/misperceptions e.g. sexual exploitation, grooming, risk within sexual relationships, consent, risky experimentation</p>	<p><b>Big Question</b> Is being different a good thing?</p> <p>Sexism and homophobia Perception of others Positive and negative language, banter and verbal bullying Types of bullying Recognising prejudice Stereotyping</p>	<p><b>Big Question</b> Who do I dream of becoming?</p> <p>Personal strengths and weaknesses SMART planning Mental health and body image. self-esteem; Recognising mental ill-health self-harm &amp; suicide, eating disorders, depression, anxiety pressure (peep, online, media) Maintaining mental health. Accessing mental health support</p>	<p><b>Big Question</b> How can substances impact on wellbeing?</p> <p>What does the media say about teenagers? Dental health Alcohol and decision making Drugs and decision making Emergency first-aid Substances and mental health</p>	<p><b>Big Question</b> Is choice important within intimate relationships?</p> <p>Power and control in relationships Consent and assertiveness Contraception Sexually Transmitted Infections Am I normal? Common concerns around adolescence</p>	<p><b>Big Question</b> How can change affect mental health?</p> <p>Changing perceptions and opinions Mental health Common mental health issues Skills for change and 'pressure' Adapting to change Self-reflection and evaluation Transition (to next year group) Sleep</p>
Y10	<p><b>Big Question:</b> Is managing my on-line and off-line world within my control?</p> <p>Freedom and safety Safe relationships Online safety and cultural norms Personal safety with technology Staying safe off line Managing threats to safety in the wider world</p>	<p><b>Big Question:</b> Does everyone in society have the right to equality?</p> <p>What does equality mean to me? Equality in the workplace Equality in society Equality in relationships Equality and vulnerable groups Power and control</p>	<p><b>Big Question:</b> Is success only possible when physical and emotional needs are in balance?</p> <p>Dreams for myself and the world; balance and perspective, relationships and community. Jobs - legislation around work for young people Managing setbacks/ resilience building Planning for success</p>	<p><b>Big Question:</b> When it comes to health to what extent am I in control?</p> <p>Physical health; screening, vaccination, personal hygiene. Health MOT Achieving mental health Threats to health e.g. addiction, substance and alcohol use, lifestyle choices, loneliness, diseases, cancer, heart disease, infection</p>	<p><b>Big Question</b> Is love all you need?</p> <p>What makes a happy relationship Parenting relationships Relationship breakdown Social influences on relationships, e.g. stereotypes, pornography, media, peer perception Friendships and peer support and connectedness Challenging relationships, e.g. domestic abuse, coercive relationships, exploitation</p>	<p><b>Big Question</b> Can all change be positive in some way?</p> <p>How does social change affect me? Managing relationship changes e.g. loss, bereavement, break-ups, blended families, divorce Gender identity Spectrum of sexuality Managing the challenges in the year ahead</p>
Y11	<p><b>Big Question:</b> Are we in the adult world at 16?</p> <p>Entering the adult world Ok at 16, Legislation affecting 16-year olds Managing adult on-line relationships Emergency response, e.g. medical emergency, drugs, alcohol, diabetes, allergies, head injury</p>		<p><b>Big Question</b> Can I rely on myself to achieve my goals or do I need luck or destiny ?</p> <p>Dreams and goals including; financial, jobs, relationships (e.g. marriage, parenting) Resilience Contingency planning</p>	<p><b>Big Question:</b> Should relationships, sex and sexual health be discussed more openly?</p> <p>Healthy attitudes on sexual relationships including; body image, choices and consequences. (e.g. pregnancy, being a young parent, termination choices, protected sex, delay etc)</p> <p>Communication about relationships, sex and sexual health</p> <p>Exam preparation and concentration, sleep, stress, relaxation.</p>	<p><b>Big Question:</b> Without sufficient knowledge can we avoid misuse of power in our relationships?</p> <p>Sexuality spectrum Respect and equality in relationships (recognising conflicts and power-based relationships) Individuality in relationships Stages of relationships Sexual relationship checklist Gender/honour based violence FGM</p>	