

Curriculum Overview

	Term 1	Term 2	Term 3
Phase 1 - KS3	Identity Exploring Identities, Similarities and Differences Exploring Stereotyping, Prejudice and Discrimination	Body Awareness Knowing your body (reproductive organs) Body Image and Self Care Changes through Puberty Developing Sexual Awareness	Independence Safety & First Aid Making choices about Health Making choices about Friends and online
Phase 2 - KS4	Relationships Stable, Committed Relationships Healthy Family Functioning Unhealthy Relationships Making Sexual Choices and Pregnancy	Wellbeing Online Wellbeing Media Influence and role models Media influence and Persuasion Mental Wellbeing Alcohol & Drug Misuse	Body Awareness Parenthood & Fertility Developing Sexuality Consent Sexual Health



Phase 1 - KS3	Term 1	Term 2	Term 3
Key Ideas	Identity	Body Awareness	Independence
Questions	<p>What are values? What does "identity" mean? What can lead to someone's values and identity changing? Why is it important to have self-awareness? How can you find out whether someone's values or identity is similar to yours? Is it something you can see immediately? What kind of qualities do you want to see in yourself?</p>	<p>Is it OK to be curious about your body? How are self care and body image connected? Why might people feel ashamed of their periods? What is the relationship between consent and boundaries? What is FGM? What is CEFM?</p>	<p>Why is it important to know basic first aid skills? How can you know whether a situation is dangerous or not? Why is sleep so important? In what kind of situations can assertive behaviour be helpful?</p>
Unit Intent(s)	<ul style="list-style-type: none"> -To learn about identity and how people express their personal identity. -To develop an awareness of stereotyping, prejudice and discrimination and ways to challenge 	<ul style="list-style-type: none"> -To learn how to identify the body parts related to sexual reproduction and understand their function. -To understand how our bodies and emotions change during puberty. - To understand consent, boundaries and privacy and apply this to real-life scenarios 	<ul style="list-style-type: none"> -To understand personal safety in increasingly independent contexts -To learn how to have a balanced diet and quality sleep -To learn how to manage external influences and be responsible for our own decisions

Achievement



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Key Vocabulary	Values Self-awareness Identity Qualities Stereotype Discrimination Prejudice Sexual orientation	Reproductive organs Intersex Gender binary Transgender Beauty standards Puberty Sex Gender Non-binary Periods Menstrual Cycle Tampon Menstrual Cup Taboo	Masturbation Stimulation Wet dreams Erection Sexuality Arousal Puberty Vaginal discharge Personal boundaries Privacy Consent Human rights Rite of passage	First Aid Fire Safety De-escalate Personal Hygiene Diet Eating Disorder Eating Problem Passive behaviour Aggressive behaviour Assertive behaviour
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Phase 2- KS4	Term 1		Term 2	Term 3	
Key Ideas	Relationships		Wellbeing	Body Awareness	
Key Questions	Do you feel like the significance of marriage is changing in society? What do you think are good reasons to become a parent/carer? What can you do if you feel coerced or manipulated by someone?		Have you ever seen bullying or hate speech online? How does social media facilitate extremism? Is there such a thing as “healthy” or “safe” drug taking?	Why is maintaining a positive self-concept important? Do you think it is better to be a younger parent or an older parent? Why? Why do you think STI numbers are rising in the UK?	
Unit Intent(s)	<ul style="list-style-type: none"> -To understand the reasons why people choose to enter legally binding relationships and the pros and cons surrounding this decision. -To understand the importance of effective communication of expectation and vulnerability within a relationship. -To understand the role that gender stereotypes play in sexual violence 		<ul style="list-style-type: none"> -To explore how human rights are applied in the online world and understand strategies to stay safe online -To reflect on the media’s perception of gangs and understand strategies to manage pressurised situations -To understand the role of social media in extremism and radicalisation and learn how to respond effectively 	<ul style="list-style-type: none"> -To know how to develop self-efficacy, including motivation, perseverance and resilience -To know how to maintain a healthy self-concept - To understand diverse pathways to parenthood and accompanying emotional and physical factors - To understand how to get tested and protect against STIs 	
Key Vocabulary	Marriage Civil partnership Cohabitation IVF Adoption Surrogacy Values Vulnerability Abuse Grooming Coercion Manipulation	Sexual violence Image-based sexual abuse Gender-based violence (GBV) Gender stereotype Protection Contraception STIs - Sexually transmitted infections Power dynamic	CEFM FGM Discrimination Human Rights Gangs County lines Drug trafficking Radicalisation Extremism Echo Chamber Mental health Active listening Well-being Addiction Substance abuse	FOMO (Fear of Missing Out) Sleep Hygiene Self-efficacy Motivation Resilience Pornography Stereotype Self-esteem Body image Bleaching cream Eating disorder Parenthood Pregnancy Fertility	Infertility IVF Miscarriage Communication Taboo Mutual Responsibility Consent Nuance Moral Integrity Safer sex Asymptomatic Barrier contraception methods



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