

Downlands Community School

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Health and Wellbeing Introduction to Character and what is CDC?	Healthy Relationships What makes a good friend?	Online safety Introduction to algorithms and sharing information online	Health and Wellbeing Healthy Eating, the benefits of exercise and good hygiene	Health and Wellbeing Understanding puberty and menstrual wellbeing	Wider World What is it like to live in the UK? Introduction to politics
Year 8	Health and Wellbeing Introduction to legal and illegal drugs and why people use drugs	Healthy Relationships Stereotypes and why they exist? Identifying sexism, racism and homophobia.	Healthy Relationships What families look like and how they may change over time.	Health and Wellbeing Identifying positive strategies to manage good physical and mental health.	Wider World Skills and qualities needed for future careers.	Online safety Positive and negative of social media. Identifying harmful content.
Year 9	Health and Wellbeing Drugs and gangs, exploitation, knife crime.	Healthy Relationships Stereotypes and why they exist? Exploring sexism, racism and homophobia.	Wider World Career options and goal setting as part of GCSE option choices.	Health and Wellbeing Managing good physical and mental health. Body image and its effects.	Healthy Relationships Sex and the basics, protection, STIs and sexual consent.	Online safety Misogyny and online influencers, sexual contact online, pornography.
Year 10	Health and Wellbeing Identifying long term impacts of drugs and gangs. Recognising urban exploring	Healthy Relationships Sexism and misogyny, racism and homophobia. Calling in and calling out.	Healthy Relationships Consent, sexting, pornography, STIs and contraception	Wider World Preparation for interviews and work experience. Revision techniques.	Health and Wellbeing Recognising indicators of poor mental health, signposting how to get help.	Online safety Misogyny, sexual contact online harmful groups, financial harms.
Year 11	Wider World Course options 16-18. Job hunting 18+. Revision techniques.	Healthy Relationships Sexual consent, sexual harassment, sexting, sexual health and pregnancy.	Wider World Finance and planning for the future.	Revision		