

	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn Term 1	Transition to Ousedale: Welcome to Ousedale Study skills Being kind Being a good friend Personal safety	Emotional Wellbeing: Recognising emotions Dealing with emotions Mindfulness Body image	Healthy lifestyles: Diet Energy drinks Exercise Obesity & long term health Binge drinking Tanning	*Mental Health: Mental health & stigma Change & its impact on mental health Self-harm & self-esteem Eating disorders Screening & self-examination Risks with cosmetic procedures Gambling	Next steps: Using feedback constructively SMART targets Effective revision Post-16 career options Studying challenges Skills for further education Skills for maximising employment
Autumn Term 2	*Puberty: Physical & mental changes Personal hygiene Healthy choices First Aid	Drugs & Alcohol: Smoking & vaping Alcohol Drugs Managing situations County lines	Self-concept: Being an individual Strengths/development Self-confidence Screen time Online personas Gangs & knife crime	*Exploring influence: Role models Media influence Substance abuse Unhealthy behaviours First aid—CPR & choking	*Families: RS THEME B Readiness for parenthood Fertility Pregnancy, birth & miscarriage Unplanned pregnancy Adoption & fostering Honour based violence & forced marriage