

SMSC and British Values covered by Life Skills lessons	Lesson offering coverage per item for each year group:				
	<u>Year 7</u>	<u>Year 8</u>	<u>Year 9</u>	<u>Year 10</u>	<u>Year 11</u>
(1) Are reflective about their own beliefs, religious or otherwise, that inform their perspective on life and their interest in and respect for different people's faiths, feelings and values	<p>Introduction to the Year – meet and great and relationship building / rule structures / aims of the year.</p> <p>Discrimination: Racism and stereotypes</p> <p>Maintaining genuine relationships and avoiding toxic ones</p> <p>Families and different long term commitments</p> <p>Romance, love, new feelings and teenage relationships</p> <p>How can prevent online Bullying?</p> <p>Bullying or Banter. What is and isn't acceptable.</p> <p>How can we keep safe and positive relationships?</p> <p>How can I commit to a healthy life?</p> <p>How can we keep good mental health and spot the signs of depression?</p>	<p>Consent</p> <p>Contraception</p> <p>Sexting and image sharing dangers</p> <p>Male Body image</p> <p>Domestic Conflict</p> <p>British Values – Tolerance</p> <p>Extremism – Sharia Law in the UK?</p> <p>Prejudice and discrimination – Religion</p> <p>Teamwork</p> <p>Communication skills</p> <p>Managing by behaviour to succeed</p> <p>Emotional Literacy – Self Awareness</p> <p>Mindfulness</p> <p>Cancer Awareness</p> <p>Personal Safety and First Aid</p> <p>Teenage pregnancy</p> <p>Stereotypes and Prejudice – Disability</p>	<p>Eating disorders</p> <p>Body Image</p> <p>Abusive Relationships Peer Pressure</p> <p>British community, religion and culture</p> <p>British Values – Identity</p> <p>The LGBTQAI+ Community</p> <p>Vaccinations, organ and blood donation stem cells and hygiene</p> <p>Self-Harm</p> <p>Behaving to achieve – the need for rules</p> <p>Human Rights – Access to Education</p> <p>Interpersonal Skills</p> <p>Discrimination and Equality Act 2010</p> <p>Coping with Stress</p> <p>Managing Anxiety</p> <p>Enterprise and workplace skills and characteristics</p>	<p>Managing tough times: change, grief and bereavement</p> <p>Suicide</p> <p>Managing social anxiety</p> <p>Homelessness</p> <p>Hate Crime</p> <p>Tattoos and Piercings</p> <p>Rights and responsibilities</p> <p>Anti-Social Behaviour</p> <p>Terrorism and holy war</p> <p>Overt and Covert Racism</p> <p>Forced and arranged marriages</p> <p>Relationships with role models</p> <p>Same – sex relationships</p> <p>Gender and Trans Identity</p> <p>Community Cohesion</p> <p>Sexism</p> <p>Parenting</p>	<p>Why is PSHE so important?</p> <p>Identity and Diversity</p> <p>How does privilege affect us?</p> <p>Obesity and positive body image</p> <p>Risk taking and decision making</p> <p>Personal safety in the wider world</p> <p>Bullying and Body shaming</p> <p>Types of relationship</p> <p>Consent, rape and sexual harassment</p> <p>What makes good sex</p> <p>Safe sex and Chem sex</p> <p>Relationship break-ups</p> <p>Happiness and positivity</p> <p>Sustainability: Animal Rights</p> <p>Multiculturalism – British Values</p> <p>Right-Wing Extremism</p>

	How can I control anger?	LGBT discrimination around the world Discrimination and stereotypes – Teenagers Environmental Issues	Employability – Applying and preparing for the world of work Why do teens get involved with knife crime and what are the consequences?		
(2) Have a sense of enjoyment and fascination in learning about themselves, others and the world around them	Year 7	Year 8	Year 9	Year 10	Year 11
	Aspirations The importance of self esteem Wants and needs Discrimination: Racism and stereotypes Ethical Consumers What do we mean by healthy lifestyle? How can I keep a balanced diet? How do I know if I am eating healthy? What are the consequences of not living healthily? What's the big deal about energy drinks? How can we keep good mental health	Consent Contraception STI's Male Body image Domestic Conflict Who are radical groups? Where does extremism come from? EXTREMISM: SHARIA LAW in the UK? Preventing radicalisation and extremism. Prejudice and discrimination – Religion Teamwork Communication skills	Eating disorders Body Image British community, religion and culture British Values – Identity The LGBTQAI+ Community Self-Harm Interpersonal Skills Discrimination and Equality Act 2010 Growth Mindset Taking control of my future Who are UNICEF and how do they help around the world? Human rights – Trafficking. How and why does the UK help people in other countries?	Managing tough times: change, grief and bereavement Suicide Social media and self-esteem Screen Time Effective time management Living Sustainably Homelessness Binge Drinking The right career for me Rights and responsibilities Why do we need an international Women's day? The Criminal Justice System Anti-Social Behaviour	Why is PSHE so important? Identity and Diversity How does privilege affect us? Perseverance and Procrastination. Obesity and positive body image Fertility and reproductive health. The importance of sleep Risk taking and decision making Gambling and online gambling Personal safety in the wider world Bullying and Body shaming Consent, rape and sexual harassment Safe sex and Chem sex

	<p>and spot the signs of depression? How can I control anger? Puberty. What's normal and what can I expect? Periods, the menstrual cycle and PMS – what do I need to know? FGM – what is it, why is it so serious and what can we all do to help?</p>	<p>Self-Confidence and goals Personal development and target setting Cancer Awareness Personal Safety and First Aid Teenage pregnancy Stereotypes and Prejudice – Disability LGBT discrimination around the world Discrimination and stereotypes – Teenagers How can we avoid online groomers Environmental Issues</p>	<p>What is sustainability and how can we personally live in a more sustainable way?</p>	<p>Terrorism and holy war Overt and Covert Racism Fake news and critical thinking Forced and arranged marriages Harassment and stalking Revenge Porn Same – sex relationships Relationships with role models Gender and Trans Identity Community Cohesion Sexism Parenting</p>	<p>Happiness and positivity Independent Living</p>
<p>(3) Use imagination and creativity in their learning</p>	<p>Year 7</p>	<p>Year 8</p>	<p>Year 9</p>	<p>Year 10</p>	<p>Year 11</p>
	<p>Aspirations Keeping safe online. Safe Social Media Ethical Consumers How can I create a personal budget plan Reflection on the topics so far</p>	<p>Where does extremism come from? Reflection on the topics so far Entrepreneurs Teamwork Communication skills</p>	<p>British community, religion and culture Alcohol Awareness Drugs and the Law Reflection on the topics so far Interpersonal Skills Selfie Safety</p>	<p>Effective time management Living Sustainably Reflection on the topics so far The right career for me Employability skills and CV's</p>	<p>How does privilege affect us? Risk taking and decision making Digital Footprints Personal safety in the wider world Happiness and positivity Applying to College and University</p>

	<p>How can we keep safe and positive relationships? How can I keep a balanced diet? How can I commit to a healthy life?</p>	<p>Personal development and target setting Managing by behaviour to succeed Mindfulness Personal Safety and First Aid Environmental Issues</p>	<p>How can I successfully manage my money? Who are UNICEF and how do they help around the world? What is sustainability and how can we personally live in a more sustainable way?</p>	<p>Preparing for work experience Conflict Management Community Cohesion</p>	<p>Preparing for Job Interviews Independent Living Health and Safety at Work</p>
(4) Reflect on their experiences	Year 7	Year 8	Year 9	Year 10	Year 11
	<p>The importance of self esteem Wants and needs Keeping safe online. Safe Social Media Romance, love, new feelings and teenage relationships What is budgeting and how do we do it? How can I create a personal budget plan Maintaining genuine relationships and avoiding toxic ones Families and different long term commitments</p>	<p>Contraception Sexting and image sharing dangers Male Body image British Values – Tolerance Teamwork Communication skills Self-Confidence and goals Personal development and target setting Managing by behaviour to succeed Emotional Literacy – Self Awareness Mindfulness Cancer Awareness</p>	<p>Eating disorders Body Image Abusive Relationships Peer Pressure British Values – Identity The LGBTQAI+ Community Vaccinations, organ and blood donation stem cells and hygiene Self-Harm Behaving to achieve – the need for rules Human Rights – Access to Education Interpersonal Skills Growth Mindset</p>	<p>Managing tough times: change, grief and bereavement Managing social anxiety Social media and self-esteem Screen Time Effective time management Tattoos and Piercings Binge Drinking The right career for me Employability skills and CV's Preparing for work experience Rights and responsibilities Anti-Social Behaviour Conflict Management</p>	<p>Why is PSHE so important? Identity and Diversity How does privilege affect us? Obesity and positive body image Perseverance and Procrastination. The importance of sleep Risk taking and decision making Gambling and on line gambling Digital Footprints Personal safety in the wider world Bullying and Body shaming Types of relationship What makes good sex Relationship break-ups Happiness and positivity Fun Quiz overview</p>

	<p>Bullying or Banter. What is and isn't acceptable. How can prevent online Bullying? How can we keep safe and positive relationships? What does it mean to be a British Citizen? How can I keep a balanced diet? How do I know if I am eating healthy? What are the consequences of not living healthily? What's the big deal about energy drinks? How can I commit to a healthy life? Why is smoking so bad for us and why should we try and avoid secondary smoking? How can we keep good mental health and spot the signs of depression? How can we keep good mental health and spot the signs of depression?</p>	<p>Personal Safety and First Aid LGBT discrimination around the world Discrimination and stereotypes – Teenagers Environmental Issues</p>	<p>Coping with Stress Managing Anxiety Selfie Safety Taking control of my future How can we keep financially savvy and avoid debt? How can I successfully manage my money? What is sustainability and how can we personally live in a more sustainable way? Why do teens get involved with knife crime and what are the consequences? Living Sustainably</p>	<p>Relationships with role models Same – sex relationships Gender and Trans Identity Community Cohesion Sexism Parenting</p>	<p>Sustainability: Animal Rights Pollution, Plastics and the Environment Multiculturalism – British Values Right-Wing Extremism Internet Safety – The Dark Web Applying to College and University Preparing for Job Interviews Independent Living Health and Safety at Work</p>
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	How can I control anger?				
(5) Know difference between right and wrong and apply this in school and in their own lives	Year 7	Year 8	Year 9	Year 10	Year 11
	Introduction to the Year – meet and great and relationship building / rule structures / aims of the year. Wants and needs Ethical Consumers Bullying or Banter. What is and isn't acceptable. How can prevent online Bullying?	Consent British Values – Tolerance Managing by behaviour to succeed Emotional Literacy – Self Awareness Stereotypes and Prejudice – Disability LGBT discrimination around the world	Human Rights – Access to Education Interpersonal Skills Taking control of my future How does the law deal with young offenders? Why do teens get involved with knife crime and what are the consequences?	The right career for me Rights and responsibilities The Criminal Justice System Anti-Social Behaviour Relationships with role models Community Cohesion	How does privilege affect us? Perseverance and Procrastination. The importance of sleep Gambling and on line gambling Personal safety in the wider world Consent, rape and sexual harassment What makes good sex Relationship break-ups Internet Safety – The Dark Web Cyber Crime and Online Fraud
	Year 7	Year 8	Year 9	Year 10	Year 11

<p>(6) Understand the consequences of their behaviour and actions</p>	<p>Aspirations The importance of self esteem Wants and needs Discrimination: Racism and stereotypes Keeping safe online. Safe Social Media Maintaining genuine relationships and avoiding toxic ones Bullying or Banter. What is and isn't acceptable. How can we keep safe and positive relationships? How can I keep a balanced diet? Why is smoking so bad for us and why should we try and avoid secondary smoking? How dangerous are drugs and what are the different types? How can I control anger?</p>	<p>Consent Contraception Sexting and image sharing dangers STI's Domestic Conflict British Values – Tolerance Communication skills Vaping, Nicotine and addiction Personal Safety and First Aid Stereotypes and Prejudice - Disability</p>	<p>Eating disorders Abusive Relationships Peer Pressure The LGBTQAI+ Community Alcohol Awareness Drugs and the Law Self-Harm Behaving to achieve – the need for rules Growth Mindset Coping with Stress Managing Anxiety Taking control of my future Enterprise and workplace skills and characteristics Consumers and the law – what are my rights</p>	<p>Managing social anxiety Social media and self-esteem Screen Time Effective time management Hate Crime Tattoos and Piercings Binge Drinking Employability skills and CV's Rights and responsibilities County Lines Conflict Management Harassment and stalking Sexism Parenting</p>	<p>Perseverance and Procrastination. The importance of sleep Risk taking and decision making Gambling and on line gambling Digital Footprints Personal safety in the wider world Consent, rape and sexual harassment Relationship break-ups Pollution, Plastics and the Environment Right-Wing Extremism Internet Safety – The Dark Web Cyber Crime and Online Fraud Health and Safety at Work Trade Unions</p>
	<p>Year 7</p>	<p>Year 8</p>	<p>Year 9</p>	<p>Year 10</p>	<p>Year 11</p>

<p>(7) Develop social skills in different contexts, for example working and socialising with other pupils, including those from different religious, ethnic and socio-economic backgrounds</p>	<p>Ethical Consumers Maintaining genuine relationships and avoiding toxic ones Families and different long term commitments Romance, love, new feelings and teenage relationships What does it mean to be a British Citizen?</p>	<p>British Values – Tolerance EXTREMISM: SHARIA LAW in the UK? Preventing radicalisation and extremism. Prejudice and discrimination – Religion Teamwork Communication skills Emotional Literacy – Self Awareness</p>	<p>British community, religion and culture British Values – Identity The LGBTQAI+ Community Interpersonal Skills Discrimination and Equality Act 2010 Work skills, enterprise and the working environment Employability – Applying and preparing for the world of work</p>	<p>Work experience Social media and self-esteem Homelessness Hate Crime Employability skills and CV's Careers in STEM Anti-Social Behaviour Relationships with role models Community Cohesion</p>	<p>Group work and discussions. Mock interviews with outside providers. Why is PSHE so important? How does privilege affect us? Types of relationship What makes good sex Happiness and positivity Fun Quiz overview Sustainability: Animal Rights Globalization Multiculturalism – British Values Trade Unions</p>
<p>(8) Participate in a variety of communities and social settings, including by volunteering, cooperating well with others and being able to resolve conflicts effectively (this</p>	<p>Year 7</p>	<p>Year 8</p>	<p>Year 9</p>	<p>Year 10</p>	<p>Year 11</p>
	<p>Role Play. Group work. Charity work within the year. Problem solving activities. Working in various settings – class – drama presentations</p>	<p>Role Play. Group work. Charity work within the year. Problem solving activities. Working in various settings – class – drama presentations and</p>	<p>Role Play. Group work. Charity work within the year. Problem solving activities. Working in various settings – class – drama presentations</p>	<p>Role Play. Group work. Charity work within the year. Problem solving activities. Working in various settings – class – drama presentations and interactions / outside providers</p>	<p>Role Play. Group work. Charity work within the year. Problem solving activities. Working in various settings – class – drama presentations and interactions / outside providers</p>

needs to be conducted in these settings)	and interactions / outside providers	interactions / outside providers	and interactions / outside providers		Why is PSHE so important? What makes good sex Relationship break-ups Fun Quiz overview Multiculturalism – British Values Right-Wing Extremism
(9) Accept and engage with the fundamental British Values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs; develop and demonstrate skills and attitudes that will allow them to participate fully and contribute	Year 7	Year 8	Year 9	Year 10	Year 11
	Ethical Consumers Maintaining genuine relationships and avoiding toxic ones Families and different long term commitments Romance, love, new feelings and teenage relationships Bullying or Banter. What is and isn't acceptable. How can we keep safe and positive relationships?	British Values – Tolerance Preventing radicalisation and extremism. Teamwork Communication skills Stereotypes and Prejudice – Disability LGBT discrimination around the world Discrimination and stereotypes - Teenagers	British community, religion and culture British Values – Identity The LGBTQAI+ Community Behaving to achieve – the need for rules Human Rights – Access to Education Enterprise and workplace skills and characteristics How and why does the UK help people in other countries? What is sustainability and	Rights and responsibilities Overt and Covert Racism Why do we need an international Women's day? Forced and arranged marriages Same – sex relationships Gender and Trans Identity Community Cohesion Sexism	Types of relationship How does privilege affect us? Identity and Diversity Obesity and positive body image Fertility and reproductive health. Personal safety in the wider world What makes good sex Relationship break-ups Happiness and positivity Pollution, Plastics and the Environment Globalization

<p>positively to life in modern Britain.</p>	<p>What does it mean to be a British Citizen? How can we keep good mental health and spot the signs of depression? FGM – what is it, why is it so serious and what can we all do to help?</p>		<p>how can we personally live in a more sustainable way? How does the law deal with young offenders? Why do teens get involved with knife crime and what are the consequences?</p>		<p>Multiculturalism – British Values Right-Wing Extremism Cyber Crime and Online Fraud Applying to College and University Preparing for Job Interviews Independent Living Health and Safety at Work Trade Unions</p>
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