

Year 7 LIVE! sessions

Health and Wellbeing	Living in the Wider World	Relationships (RSE)
<p>What do we mean by a healthy lifestyle? Health introduction.</p> <p>How can I keep healthy? Food groups, diet and nutrition.</p> <p>Eating responsibly – Food labels and health hazards.</p> <p>Healthy Living – exercise and keeping active.</p> <p>Not eating healthily - what are the consequences?</p> <p>What’s the big deal about energy drinks?</p> <p>The dangers of cigarettes and alcohol (2x hours)</p> <p>What are drugs? Why are they dangerous? (class A, B and C)</p> <p>Puberty – what happens, when and why.</p> <p>Periods – what happens, when and why.</p> <p>Introduction to mental health issues – depression focus.</p> <p>How can we manage our anger?</p>	<p>Being an aspirational student</p> <p>The importance of self esteem</p> <p>How can we budget our money?</p> <p>How can I create a personal budgeting plan? (2x hours)</p> <p>What are savings, loans and interest?</p> <p>What are the different types of financial transactions?</p> <p>What are the different types of financial products?</p> <p>How can we shop ethically?</p> <p>What are wants and needs and why do we need to know the difference?</p> <p>How can we enjoy social media but keep our accounts safe and private?</p> <p>What is stereotyping and prejudice? Racism focus.</p> <p>How can we be resilient and face challenges?</p>	<p>Keeping good friendships and avoiding toxic ones.</p> <p>Family relationships – the different types and why we don’t always get along.</p> <p>Love and relationships – falling in love and dealing with new feelings.</p> <p>Bullying or banter? Why do people bully others and how can we help stop this?</p> <p>What is cyberbullying? Why do people bully online?</p> <p>How do we keep safe and positive relationships (on and off-line)?</p> <p>What is my personal identity and why is diversity important?</p> <p>Extremism – why does radicalisation happen and how does it challenge our values?</p>
<p>Some topics are also covered within topics in other aspects of the school curriculum</p>		
	<p>RE – students consider ‘what it means to be human?’; focusing on the purpose of human life, how we should treat one another and how we can be stewards in the 21st Century.</p>	<p>Science- students will cover the topic of human reproduction. This looks at the changes students experience during puberty, including the onset of the menstrual cycle in females. Students study the features of the human reproductive system and managed using different methods of contraception.</p>

Year 8 LIVE! sessions

Health and Wellbeing	Living in the Wider World	Relationships (RSE)
<p>Personal development and target setting – how can I improve my skills and behaviour?</p> <p>How can self-confidence boost our achievement?</p> <p>How can I manage my behaviour to achieve targets and goals?</p> <p>Why do teenage parents have it so tough? How we can avoid teenage pregnancy.</p> <p>Stereotyping, discrimination and prejudice. Disability focus</p> <p>How can we look after ourselves and others in an emergency? Personal safety and first aid.</p> <p>What is vaping and is this as bad as smoking?</p> <p>What is mindfulness? How can this aid positive mental health?</p> <p>Emotional literacy – why is self-awareness in our actions towards others so important? (2 hours)</p> <p>Cancer Awareness</p>	<p>Internet Safety – what is online grooming and why must we be so careful?</p> <p>How can we care for our environment and why is it changing? (2 hours)</p> <p>Careers + development focus - how can we develop our communication skills?</p> <p>Careers + development focus - how can we develop our teamwork skills?</p> <p>How can we become entrepreneurs?</p> <p>Finance – what is income and expenditure?</p> <p>Finance – budgeting and saving personal finances</p> <p>Careers + Finance - What are national insurance and income tax? Reading payslips</p> <p>Why do we pay tax and how is this spent?</p> <p>Stereotyping, discrimination and prejudice. Teens and the media focus.</p>	<p>Understanding sexual health within healthy and secure relationships</p> <p>What is consent and why is it important we know about it?</p> <p>Body image and the media</p> <p>Taking care with mobile phones and our personal images?</p> <p>What is pornography and why can it be dangerous?</p> <p>How can British Values teach us tolerance and respect for others?</p> <p>Avoiding stereotyping, discrimination and prejudice – specific focus on Homophobia</p> <p>Understanding different forms of extremism</p> <p>Domestic conflict – why do people run away from home and why is this so dangerous?</p>
	<p>RE – students will address the topic of social justice with Year 8 students; focusing specially on prejudice and discrimination, religious freedom and persecution.</p>	

Year 9 LIVE! sessions

Health and Wellbeing	Living in the Wider World	Relationships (RSE)
<p>Why do we need to keep to rules in order to succeed?</p> <p>How can we foster a Growth Mindset to succeed and achieve?</p> <p>How can I develop interpersonal skills to help me succeed?</p> <p>How can we manage the stress of school and exams?</p> <p>Why do people take illegal drugs and what does the law say about drug use?</p> <p>Why do people become selfie obsessed and consequences can this have?</p> <p>What are the short and long-term consequences of excess alcohol drinking?</p> <p>What is self-harm and why do people do this?</p> <p>Why can't some people access education?</p> <p>How are we protected from prejudice and discrimination?</p> <p>Mental health – how can I deal with and manage anxiety?</p> <p>Acid attacks – why are these on the increase and what can we do if we witness one?</p> <p>Responsible health choices – blood donation, stem cells, vaccinations (2 hours)</p>	<p>How does knife crime impact on our communities, why do teens get involved and what are the consequences?</p> <p>How does the law deal with young offenders?</p> <p>How can we be self-disciplined to achieve our aims at school and in the wider world?</p> <p>Employability Skills – preparing for and applying to the world of work and careers</p> <p>What other skills do we need to develop for the work environment?</p> <p>What does it mean to be ‘enterprising’ and what is an ‘enterprising personality’?</p> <p>What is sustainability and why is this essential to our environment?</p> <p>Navigating accounts, savings loans and financial institutions.</p> <p>What rights do we have as shoppers and consumers?</p> <p>How can I stay financially savvy and avoid debt?</p> <p>What can we learn from successful business people and entrepreneurs.</p> <p>Should we send aid to foreign countries – is aid the answer?</p> <p>How can extreme views lead to human rights abuses and atrocities?</p> <p>How do charities like UNICEF help across the world?</p>	<p>Why are British communities so diverse? Immigration and diversity focus.</p> <p>What are domestic violence and abusive relationships? Healthy and unhealthy relationships.</p> <p>How are children and young people lured into dangerous relationships and what do these look like?</p> <p>Body image and the media</p> <p>Does the media contribute to eating disorders?</p> <p>Can we respect and celebrate British values and the religion and culture of our choice?</p> <p>What is peer-pressure – why is it so powerful and how can we overcome this?</p>
		<p>RE – students study a unit on the ‘impact of difference and diversity on faith communities’ with a specific focus on Buddhism.</p>

Year 10 LIVE! sessions

Health and Wellbeing	Living in the Wider World	Relationships (RSE)
<p>How can we manage our time effectively to help us succeed?</p> <p>Can tattoos and piercings be dangerous?</p> <p>Why do some people commit suicide?</p> <p>How can we manage grief and bereavement?</p> <p>How can we manage social anxiety?</p> <p>Why do some people become homeless and why is homelessness on the increase?</p> <p>What are hate crimes and why do these still happen?</p> <p>What is binge drinking, what are the risks and why do people still do it?</p> <p>Study Skills – the power of mind and memory.</p> <p>Social Media and Self-Esteem Internet Safety – the dangers of excessive screen time</p> <p>How can we take steps to live more sustainably? (carbon footprint)</p>	<p>What is Fake News and why do we need critical thinking skills? (2 hours)</p> <p>What is anti-social behaviour and how does this affect communities? How can we successfully prepare for work experience?</p> <p>What rights and responsibilities do we have in the workplace?</p> <p>What is money laundering and why are some students taken in by this crime?</p> <p>What are employers looking for in CVs?</p> <p>British Values – how does the criminal justice system work?</p> <p>What is overt and covert racism and why are people still prejudiced?</p> <p>Why pursue a careers in the STEM industries?</p> <p>How do we choose a career that suits our personality, ambition and qualifications?</p> <p>Crime, gangs and County Lines (2 hours)</p> <p>Why do we still need an International Women’s Day?</p>	<p>Understanding the different types of relationships</p> <p>How can we manage conflict successfully?</p> <p>Why do sexism, gender prejudice and stereotypes still exist?</p> <p>What is community cohesion and why is this important? (British Values)</p> <p>How do I control my own image and avoid exploitation?</p> <p>Do we have healthy or unhealthy relationships with our role models?</p> <p>Harassment and stalking – what are these things and what does the law say about it?</p> <p>Parenting, the different types and styles and looking after a child.</p>
<p>Some topics are also covered within topics in other aspects of the school curriculum</p>		
		<p>In science, students will consider the science behind the menstrual cycle, fertility and contraception.</p>