

Key Stage 3 (Years 7–9)	
Year 7 Foundations for Secondary School	
Component	Details
Focus	Friendships, safety, wellbeing, early careers awareness and growing independence

Category	Topics Covered
Relationships & Wellbeing	Healthy & unhealthy friendships, dealing with worries, mental wellbeing, consent basics, family types, hygiene, puberty
Safety & Risk Management	First aid, road & water safety, bullying & cyberbullying, grooming, deepfakes, online rights & responsibilities, extremism, drugs & alcohol introduction, healthy lifestyle
Careers & Skills	Learning styles, personal strengths, teamwork, early careers exploration
Financial Literacy	Budgeting, saving, money safety

Year 8
Growing Up and Digital Lives

Component	Details
Focus	Risk, identity, communication, emotional literacy and online safety

Category	Topics Covered
Relationships & Identity	Early relationships, consent, stereotypes (disability, religion, LGBTQ+), confidence, body image
Safety & Digital Life	Vaping, drugs & alcohol education, gambling risks, digital footprints, AI, grooming
Emotional Literacy	Mindfulness, emotional literacy, conflict resolution, self-harm, dealing with influence
Careers & Enterprise	Careers, communication, teamwork, entrepreneurship

Year 9
Choices, Skills and Respect

Component	Details
Focus	Career planning, employability, risk awareness and respectful relationships

Category	Topics Covered
Careers & Futures	SMART targets, transferable skills, labour market awareness, GCSE choices, employability skills
Relationships & Health	Peer pressure, consent, STIs, contraception, sexting, pornography, sextortion, rejection, body image, domestic conflict
Safety & Society	Knife crime, drugs & alcohol, gangs, youth offending, online presence, AI chatbots, deepfakes
Financial Awareness	Financial awareness, tax, gambling

Key Stage 4 (Years 10–11)

Year 10 Wellbeing, Work and Safe Choices

Component	Details
Focus	Mental health, workplace readiness, relationships, influence and societal responsibility

Category	Topics Covered
Mental Health & Wellbeing	Managing challenges, mental health stigma, depression, suicide prevention, loneliness, adversity
Workplace & Careers	Workplace rights, work experience, career reflection, AI and jobs
Relationships & Identity	Consent, intimacy, pornography, gender identity, toxic masculinity, incels, role models
Safety & Social Issues	CSE, gang culture, county lines, drugs & alcohol, influence, extremism, Equality Act, diversity, criminal justice system, online safety, misinformation
Finance & Digital Safety	Budgeting, savings, credit scores, debt, cybercrime

Year 11

Post-16 Preparation and Independence

Component Focus	Details
	Life after school, financial futures, relationships and personal safety

Category	Topics Covered
Post-16 & Study Skills	Time management, revision, STEM careers, CV writing, apprenticeships, employment
Health & Wellbeing	Self-concept, sleep, stress management, sexual health, fertility, bereavement, vaccinations, donation, cosmetic risk management
Relationships & Safety	Family types, parenting, boundaries, gender identity, online dating, conflict, abuse, stalking, misogyny, HBV, personal safety, first aid
Digital & Finance	Privilege, digital footprints, financial risks, moving away from home

KS5	Year 12: Sixth Form Success and Adult Skills
	Year 13: Preparing for Adulthood
Year 12 Component Focus	Details Study skills, employment rights and financial literacy

Category	Topics Covered
Study Skills & Efficiency	Growth mindset, note-taking, time management
Employment & Finance	Minimum wage, Equality Act, workplace harassment, budgeting,
Recognising Harm	Emotional abuse, gaslighting, harassment, extremism

Year 13 Component Focus	Details
	Identity, relationships, workplace rights and independent safety

Category	Topics Covered
Identity & Society	Masculinity role models, media literacy, online subcultures
Relationships & Health	Fertility awareness, pornography, sexual health services
Workplace & Independence	Workplace rights, travel safety
Safety & Harm Reduction	Festival and clubbing safety, harm reduction (drugs)

Curriculum Map Across Years 7–13

Core Theme	Y7	Y8	Y9	Y10	Y11	Y12	Y13
Mental health and wellbeing	✓	✓		✓	✓		
Healthy relationships and consent	✓	✓	✓	✓	✓	✓	✓
Online safety, digital literacy and AI awareness	✓	✓	✓	✓	✓		✓
Careers, employability and future planning	✓	✓	✓	✓	✓	✓	✓
Financial literacy and independence	✓		✓	✓	✓	✓	✓
Risk management: drugs, alcohol, gambling and extremism	✓	✓	✓	✓	✓		✓
Identity, diversity and equality		✓		✓	✓	✓	✓
Safety: first aid, personal safety, travel, festivals and emergencies	✓			✓	✓		✓

