The Five Year Curriculum: Life Skills

Pupils' Learning Journey

PREPARING TO LEAVE SCHOOL

- GB#5- Mock Job Interviews
- How to prevent and manage debt, including APR, understanding credit rating and pay day lending
- Coping strategies for dealing with stress- sleep, diet and exercise
- Facing challenges and building resilience
- Work/ life balance
- GB#5- National Apprenticeship Show trip

YEAR 11 — RELATIONSHIPS

- Pregnancy options, including abortion and adoption and where to get further support.
- The difference between an arranged marriage and a forced marriage.
- Core relationships values and emotions, how to communicate wants and needs, including the effect of sexual pressure and consent (including sharing images)
- Fertility and the menopause and how it effects people.
- Different types of domestic abuse

LIVING IN THE WIDER WORLD

- GB#6- Work Experience Week
- Diverse national, regional, religious and ethnic identities in the United Kingdom and the need for mutual respect and understanding
- Work experience and volunteering
- Human rights and international law- case studies

LIFE SKILLS DAY
- Sexual health
- Personal health checks
- First Aid- CPR
- Personal finance and borrowing money
- CVs

YEAR 10 — WELLBEING & RELATIONSHIPS

- How to cope with the breakdown of relationships
- Assertive communication and consent
- Sexual harassment and abuse
- Managing mental wellbeing including coping with change
- Intimate Relationships- What are the pleasures and challenges ?
- Mental Wellbeing – being able to critically evaluate own/ others behaviour on mental health

HEALTH & WELLBEING

- Drugs (including prescription drugs) the dangers and law relating to supply and possession
- Healthy/ unhealthy coping strategies- impact of advertising and social
- Mental Health- anxiety and depression, including stigma and misconceptions
- FGM
- Online Dangers- Gambling, appropriate content, advertising, extreme views and reporting platforms
- Sexual health and STIs

YEAR 9 — RELATIONSHIPS

- Discrimination and relationships including homophobia, transphobia and sexism.
- Relationships, social media and pornography.
- Gangs, grooming and County Lines.
- Different types of families and parental responsibilities.
- Consent, Sex and Intimate relationships.
- Contraception- choices available and where to go for further guidance.

LIVING IN THE WIDER WORLD

- Routes into work, training and other vocational and academic opportunities.
- Financial exploitation e.g fraud, drug and money mules, online scams
- How to identify and explore the options open to you at KS4 (GCSE options choices) using Unifrog
- Employment rights and responsibilities- contract terms

HEALTH & WELLBEING

- First Aid- how to get help in an emergency and perform basic first aid .
- Understanding mental health triggers and the impact of social media
- GB#5- Meet the Employers event
- Smoking and Vaping- the law, health risks and case studies
- The physical and emotional effects of alcohol
- Personal hygiene and looking after ourselves

LIVING IN THE WIDER WORLD

- Online safety, digital literacy, media reliability, and gambling hooks.
- GB#3- Using Unifrog to track and record skills
- Employment, self-employment and voluntary work
- Contributing to society- qualities and skills

YEAR 8 — LIVING IN THE WIDER WORLD

- GB#3- Using Unifrog to identify interests and personality types
- Understanding the difference between soft and hard skills
- Challenging career stereotypes
- Learning about different types of bullying, including cyber bullying, and how to report it
- Making safe financial choices including saving, spending and budgeting. How to manage risk-taking behaviour.
- GB#5- Raising Aspirations workshop with Flossy and Jim

RELATIONSHIPS

- Consent and strategies for being assertive in relationships.
- Contraception- different options available and where to get further support and help.
- Sex and the law, including sharing images online.
- Understanding gender identity and sexuality
- Challenging stereotypes, prejudice and discrimination- The Equality Act 2010.
- Understanding how to deal with peer pressure

YEAR 7 — RELATIONSHIPS

- The qualities of healthy/ unhealthy relationships and how this can contribute towards happiness.
- Different types of relationships (friendships, family, romantic)

HEALTH & WELLBEING

- Diet, sleep and exercise
- Understanding the physical and emotional effects of puberty
- Understanding healthy friendships
- Understanding feelings and emotions

Year 7

Transition to secondary school