

## Drop Down Days 2022-2023 KS3/KS4/KS5

	Term One Health and Well Being	Term Two Careers/Living in the Wider World	Term Three Relationships
Year 7	<p><b>Transition and safety</b> Transition to secondary school and personal safety in and outside school, including first aid (Your Life You Choose)</p> <p><b>Health and puberty</b> Healthy routines, influences on health, puberty, unwanted contact, and FGM</p>	<p><b>Developing skills and aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations</p> <p><b>Financial decision making</b> Saving, borrowing, budgeting and making financial choices</p>	<p><b>Diversity</b> Diversity, prejudice, and bullying</p> <p><b>Building relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries</p>
Year 8	<p><b>Drugs and alcohol</b> Alcohol and drug misuse and pressures relating to drug use</p> <p><b>Emotional wellbeing</b> Mental health and emotional wellbeing, including body image and coping strategies</p>	<p><b>Community and careers</b> Equality of opportunity in careers and life choices, and different types and patterns of work</p> <p><b>Digital literacy</b> Online safety, digital literacy, media reliability, and gambling hooks</p>	<p><b>Discrimination</b> Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p> <p><b>Identity and relationships</b> Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</p>
Year 9	<p><b>Peer influence, substance use and gangs</b> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation</p> <p><b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, and first aid</p>	<p><b>Setting goals</b> Learning strengths, career options and goal setting as part of the GCSE options process</p> <p><b>Employability skills</b> Employability and online presence</p>	<p><b>Respectful relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes</p> <p><b>Intimate relationships</b> Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</p>
Year 10	<p><b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p> <p><b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media</p>	<p><b>Financial decision making</b> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p> <p><b>Work experience</b> Preparation for and evaluation of work experience and readiness for work</p>	<p><b>Healthy relationships</b> Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography</p> <p><b>Addressing extremism and radicalisation</b> Communities, belonging and challenging extremism</p>

Some topics will also be covered through cross Curriculum Subject links, PSHE, Extended Tutor Time and Assemblies

<p><b>Year 11</b></p>	<p><b>Building for the future</b> Self-efficacy, stress management, and future opportunities</p> <p><b>Independence</b> Responsible health choices, and safety in independent contexts</p>	<p><b>Next steps</b> Application processes, and skills for further education, employment and career progression</p>	<p><b>Communication in relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p> <p><b>Families</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>
<p><b>Sixth Form</b></p>	<p><b>Personal Safety</b> Safe driving, the dangers of drugs and alcohol.</p> <p><b>Resilience</b> Wellbeing and Mindfulness to help students prepare for exams without unnecessary stress.</p>	<p><b>Skills Development</b> Academic writing, revision techniques and oracy are also included. Politics and current affairs are also incorporated in the programme,.</p> <p><b>Next Steps</b> Application processes, and skills for further education, employment and career progression</p>	<p><b>Sex and Relationships</b> explores safe, equal, caring and enjoyable relationships and discusses real life issues appropriate to the age and stage of the pupils, including friendships, families, consent, relationship abuse, sexual exploitation and safe relationships online</p>
<p><b>Project Groups</b></p>	<p><b>Transition and safety</b> Transition to a new school/new country and personal safety in and outside school, including basic first aid.</p> <p><b>Emotional wellbeing</b> Mental health and emotional wellbeing, including body image and coping strategies</p>	<p><b>Developing skills and aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations</p> <p><b>Digital literacy</b> Online safety, digital literacy, media reliability, and gambling hooks</p>	<p><b>Discrimination</b> Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p> <p><b>Building relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries</p>

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