

| HALF TERM 1 THEME: BODY AND MIND | | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 |
|--|--|---|--|---|---|---|
| Date | Assembly | Managin g puberty | Mental health awareness | Peer pressure, alcohol, drugs | Health including mental health | Self esteem and stress |
| 5/9/2022 | Welcome back : Ready to Learn and starting strong | Coping with change | Coping with change | Coping with change | Coping with change | Coping with change |
| 12/9/22 | Queen Elizabeth II: Duty and Service | Talking about your emotions - uncertainty | Healthy lifestyle looking after yourself emotions | Peer pressure | 15th September Opening WEX with EBP booked in. | Strategies for dealing with pressure |
| 19/9/2022 | | Happiness and how it links to connections with others | Common types of mental illness | The effects of smoking and how to quit | Mental illness focus on anxiety – importance of sleep | Maintaining self esteem under pressure |
| 26/9/2022 | Ready to Learn: Healthy lifestyles to help us thrive | Healthy lifestyle general | Recognising early signs of poor mental health | Alcohol legal limits and risks | Importance of friendship in managing mental health | The impact of ‘bad’ relationships on your mental health |
| 3/10/2022 Black History Month 6 th Oct World Poetry Day | How can our physical health impact our mental health? | Puberty – body changes | How your physical health can impact your mental health | The links between drugs and mental health | Sparsholt College talk | What constitutes sexual harassment and violence |
| 10/10/2022 | Routines- establishing great ones to allow myself to thrive- link to healthy mind and body | Good hygiene routines | Understanding how what you do can impact your health | Online gambling, legalities and risks | Stigmas surrounding health issues | Coercive control |
| 16/10/2022 | Looking after yourself- finding what you love | Good self-care routines inc sleep | Recap/discuss/share | Recap/discuss/share | Recap/discuss/share | Recap/discuss/share |

| HALF TERM 2 THEME: RELATIONSHIPS and RESPECT- link to safeguarding and child on child abuse | | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 |
|---|--|---|---|--|--|--|
| Date | Assembly | Different types of relationships | Respectful relationships | The negative side of relationships | Personal values within relationships | Exploring Post 16&18 options |
| 31/10/22 | | Different types of relationships and what makes a healthy one | First love – when to begin romance | Knowing when you are ready for a physical relationship | Positive characteristics of healthy relationships | Pathway choices |
| 7/11/22 11/11/22 | Proud to be Part of Park-Healthy Relationships- My responsibility for my language and behaviours Remembrance Assembly | How relationships/friendship can make you happy | Being treated with respect | What is coercive control? | Mental health in relation to sexual relationships | 10 th Nov – Chichester college talk |
| 14/11/22 | Proud to be part of Park-Bullying and student voice (see Federation content) | Why relationships are important in bringing up children | How can I tell if someone is trustworthy? | Porn a twisted reality | Intimacy without sex | Preparing your college/apprenticeship interview. |
| 21/11/22 | Proud to be Part of Park-Trust, who to tell if you have any concerns. Where to find help | What is marriage including legal aspect and why people do it | Consent in romantic relationships – no means no | Strategies for managing sexual pressure | Keeping yourself safe re sex, alcohol and drugs - stis | My GCSEs and my chosen college |
| 28/11/22 | Child on child abuse- language and its impact. World Aids Day (Actual on the 1st of DEC) | The alternatives to marriage and the law | Sexual harassment and assault | Confidently withdrawing consent | Illegal behaviour within relationships | Is University for me? |
| 5/12/22 | Proud to be part of Park-setting boundaries, what makes a positive relationship. What are the signs of an unhealthy one? | Forced marriage | Incels - what exactly are they? | Rape including within relationships Inc stealthing | Toxic masculinity to include incel culture | Talking about law and post 16 education. |
| 12/12/22 | Christmas- Proud to be part of our community. Time to celebrate, reflect, appreciate relationships we have | Recap/discuss/share | Recap/discuss/share | Recap/discuss/share | Recap/discuss/share | My career plans Recap/discuss/share |

| Spring 1 THEME: Being a global citizen (Year 11: Relationships) | | | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 |
|--|------------------------|----|--|---|---|---|---|
| Date | Assembly | RE | Surviving the online world | Racism and respect for cultural diversity | Assessing risks | The world of work | Respect for your body |
| 2/1/23 | Mind your language | | Is what you view online always real | Homophobia - watching your language, why it's not ok Inc online | The dangers of legal drugs | Think before you search – what's ok to Google | How STIs are spread and the importance of testing |
| 9/1/23 | The roots of racism | | Unrealistic body image related to online (DOVE) | Awareness of racist language and the roots of it | When alcohol leads to risky behaviour | Sexting | Self examination and screening |
| 16/1/23 | Antisemitism | | Identifying if your online behaviour may be harmful and how to report things | Anti-Semitism historically and now | The law surrounding drugs possession | Why do I need to do WEX? | Fertility and infertility the consequences |
| 23/1/23 International holocaust remembrance day 27th | Holocaust memorial day | | County lines intro | Privilege and what it means to be privileged | Addiction and the consequences | How to write a CV? | Choices around pregnancy including the right to NOT have children |
| 30/1/23 | Privilege | | Being British | 'Honour' killings | Evaluating how an action can impact mental health | Communication for different situations | When pregnancy goes wrong |
| 6/2/23 Internet safety day 7th | Internet safety day | | What are British Values | FGM | Recap/discuss/share | Why does my GCSE matter? | Menopause and the impact it can have |
| Challenge day th Feb | | | Britishness day | Quirky careers | Prison Me No Way | EBP | Intervention |

| HALF TERM 4 THEME: BODY AND MIND | | | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 |
|---|--|----|-----------------------------|---|---|--|---|
| Date | Assembly | RE | My body my choice | Sexuality and diversity | GCSEs options, jobs and careers + finance | Positivity and role models | Strategies for coping with pressure |
| 20/2/23 | The dark side of social media | | Respecting yourself | LGBTQ key terminology | What are GCSEs? Education path ways | My carefully curated life... The dark side of social media | Coping with stress |
| 27/2/23 2 nd March World Book Day | Personal identity | | Unwanted touching (consent) | Asexuality | What options do I have at Park? | Body positivity despite the internet | Dealing with exam anxiety |
| 6/3/23 | Diversity | | What is sexual harassment? | The law of equality – who is protected | How can stem help me with my options? | The influence of negative role models | Committing to self care |
| 13/3/23 Science Week | Positive role models (science?) | | Physical respect for others | The legal rights relating to equality | My options and future careers | The influence of positive role models | Using physical activity to promote well being |
| 20/3/23 | Equality and the protected characteristics | | Body positivity | What does it actually mean to treat people equally? | Preparing an interview | Living as an LGBTQ person | Where to seek mental health help when you need it |
| 27/3/23 | Body positivity | | Recap/discuss/share | Recap/discuss/share | Choosing your options | Recap/discuss/share | Recap/discuss/share |
| CHALLENGE DAY th April | | | | | | EBP | Intervention |
| | | | Race at your place | | | | |

| HALF TERM 5 THEME: RELATIONSHIPS | | | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 |
|----------------------------------|---------------------------------------|----|--------------------------------------|---|--|---|---|
| Date | Assembly | RE | Sexuality and gender | Family relationships | Conflict and resolution | Toxic relationships | Relationships beyond school |
| 17/4/23 | Dealing with conflict | | Boys v girls sexual equality | Family relationships | Dealing with conflict within your relationship | Identifying coercion in your own relationships | Friendships beyond school |
| 24/4/23 | Gender stereotyping | | Gender terminology and what it means | The responsibilities of parents with raising children | Gender stereotyping and the consequences | Ways a relationship can be toxic including domestic abuse | Professional /working relationships beyond school |
| 1/5/23 | When relationships go bad | | Discovering your identity | Domestic abuse – recognising when things go wrong | Understand what’s ‘normal’ and what’s not in relationships | Fertility and infertility impact of lifestyle | Managing change |
| 8/5/23 | Managing change | | Gender and sexuality | Grief and strategies for coping | Making relationships work | What to expect in your work experience placement | Mental health MOT |
| 15/5/23 | Responsibilities within relationships | | Growing up gay | | How to end relationships respectfully | Coping with potential problems | Managing stress |
| 22/5/23 | Pride and why we celebrate | | Recap/discuss/share | Recap/discuss/share | Recap/discuss/share | Work experience booklet | Recap/discuss/share |

| HALF TERM 6 THEME: Being a global citizen | | | Year 7 | Year 8 | Year 9 | Year 10 |
|--|----------------------------|----|--|--|-----------------------------------|---|
| Date | Assembly | RE | | Employability Skills | Discrimination and careers | The world of work |
| 9/6/22 National Donald duck day | Discrimination | | Talking about career education. (what/how/why/when/where) | Different type of skills | Discrimination and why it happens | |
| 16/6/22 Corpus Christi National Fudge day | Unconscious discrimination | | Jobs and Careers in our society (Researching for jobs of the future) | Personal branding | Unconscious discrimination | |
| 23/6/22 Refugee Week | Knife crime | | Thinking about University. | Talking to employers about skills at workplace | Knife crime/county lines | College taster day (flexible days) |
| 30/6/22 World social media day National work from home day!! :O | immigration | | How to choose a career: understanding decision making. | Career in our society | Internet complacency | WEX- 27th June until 8th July (flexible days) |
| 7/7/22 Global forgiveness day | Refugees | | A day in the life of: _____ | How can I get a part time job? | Upskirting | WEX- 27th June until 8th July (flexible days) |
| 14/7/22 National mac and cheese day | Staying safe in the sun | | TBC what this group will be doing. | Talking about my GCSE options | Trafficking | College taster day (flexible days) |
| 21/7/22 National junk food day | Summer | | Recap/discuss/share | Recap/discuss/share | Recap/discuss/share | Recap/discuss/share |
| CHALLENGE DAYS 14 th and 15 th July | | | Cyber crime | Risky Behaviour | EBP | EBP + Driving school |
| | | | | | Staying safe | |