

#WorldReady 7 Year Plan

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
7	Growing up health and body changes • Puberty • Health conditions	Families and healthy relationships • Your impact on others • Communication in relationships	Growing up health and body changes • Healthy eating and physical health and fitness • Personal hygiene, sleep and dental health • First aid	Personal identity and wellbeing • Self-awareness • Happiness • Self-esteem and resilience	Respect, equality and online behaviour • Rights, responsibilities and opportunities online • Sexting • Online bullying • Online risks • Body image • Time spent online	Personal safety and safe relationships • Alcohol • Tobacco and vaping • Rail and water safety
8	Respect, equality and online behaviour • Social media • Online content • Information and data • Misinformation and disinformation • Harmful online behaviours	Career aspirations • Self-awareness and careers • Labour market information	Respect, equality and online behaviour • Democracy in the UK • Tolerance and respect • The Equality Act • Prejudice • Discrimination	Families and healthy relationships • Consent • Positive relationships • Boundaries in relationships • Ending relationships or friendships	Personal identity and wellbeing • Mental health • Gambling • Drug and alcohol use and mental health	Personal safety and safe relationships • Drugs • Water safety
9	Growing up health and body changes • Pregnancy • Vaccinations and immunisations • Self-examination	Personal identity and wellbeing • Mental health • Change, loss and grief	Career aspirations • Values and career choices • Routes to employment • Employability • Preparing for interview	Respect, equality and online behaviour • Deep fakes • Fraud and online scams • Online gambling • AI chatbots	Personal safety and safe relationships • Consent (sexual) • Contraception and STIs • Domestic abuse • FGM, virginity testing and hymenoplasty • Skills to increase safety from involvement in conflict	Personal safety and safe relationships • Safety in public spaces • Grooming and exploitation • Knife crime and violence • Water safety
10	Families and healthy relationships • Marriage and long-term commitments • Parenting	Growing up health and body changes • Health care • Gillick competence	Career aspirations • Goals • Future careers • Post-16 • Employability	Personal identity and wellbeing • Mental health • Coping strategies • Reframing negative thinking	Personal safety and safe relationships • Sexual harassment and violence • Pornography • Substance use	Personal safety and safe relationships • Incels • Stalking • Abusive behaviour • Water safety
11	Growing up health and body changes • Gynaecological health	Families and healthy relationships • Unsafe relationships	Citizenship • Income and expenditure • Credit and debit • Insurance	Respect, equality and online behaviour • Inequalities of power	Career aspirations • Online reputation • The labour market	

	• Reproductive health • Sexual health • Blood, organ and stem cell donation • Skin cancer	• Subcultures and sexual ethics	• Savings and pensions • Financial products and services • Public money	• Technology as part of abusive or illegal behaviour • Gambling, fraud and cybercrime • Misogyny and the internet	• Career opportunities online	
12	Personal Identity & Wellbeing • Mental health and emotional wellbeing • Stress • Managing stress • Sleep Hygiene • Diet & Exercise	Respect, Equality & Online Behaviour Online safety • Social Media • Digital Footprint • AI & effective use • Living in a diverse society • Challenging prejudice and discrimination	Healthy Relationships • Consent • Assertive communication • Positive relationships and recognising abuse • Strategies for managing dangerous situations or relationships	Career aspirations & Citizenship • Readiness for work • Career opportunities • Preparing for the world of work • Exploring future opportunities • The impact of financial decisions	Growing up healthy body & change • Mensuration – inc. Endometriosis & heavy bleeding • Fertility & Polycystic ovaries syndrome • Healthy behaviour during pregnancy • Dealing with unwanted pregnancy • Menopause • Contraception	Personal Identity and wellbeing • ‘Britishness’ and your value in society • What makes Britain Britain • Our political system • Does the monarchy still have a role in modern Britain • Religion & spirituality
13	Growing up healthy body & change • Mensuration – inc. Endometriosis & heavy bleeding • Fertility • Polycystic ovaries syndrome • Healthy behaviour during pregnancy • Dealing with unwanted pregnancy • Menopause • Contraception	Money matters • Financial choices • Managing money • Financial contracts • Budgeting • Saving • Debt • Influences on financial choices	Growing up, healthy body & changes • Substance misuse • Addiction • Vaping & nicotine pouches • Video game monetization • Fraud and scams	Personal Identity and wellbeing • What makes Britain Britain • Our political system • Does the monarchy still have a role in modern Britain • Religion & spirituality		

Sex education

Parents have the right to withdraw their child from anything highlighted in green. Please contact the school if you would like to discuss this further.