

## Ashington Academy – #WorldReady : 5 Year Plan

	Autumn 1 Independence and aspirations	Autumn 2 Autonomy and advocacy	Spring 1 Choices and influences	Spring 2 Independence and aspirations	Summer 1 Autonomy and advocacy	Summer 2 Choices and influences
Year 7	<p>Developing self-confidence, self-worth and self-awareness:</p> <ul style="list-style-type: none"> <li>Puberty and managing change</li> <li>Body confidence and self-awareness</li> </ul>	<p>Developing empathy, compassion and communication:</p> <ul style="list-style-type: none"> <li><b>Making and maintaining friendships</b></li> <li>Identifying and challenging bullying</li> <li>Communicating online</li> </ul>	<p>Developing agency, strategies to manage influence and decision making:</p> <ul style="list-style-type: none"> <li>Regulating emotions</li> <li>Diet and exercise</li> <li>Hygiene and dental health</li> <li>Sleep</li> </ul>	<p>Developing goal setting, organisation skills and self-awareness:</p> <ul style="list-style-type: none"> <li>Personal identity and values</li> <li>Body confidence and self-awareness</li> <li>Building resilience</li> </ul>	<p>Developing assertive communication, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> <li>Rights in the community</li> <li><b>Communication and boundaries in relationships</b></li> <li><b>Consent</b></li> </ul>	<p>Developing agency and decision-making skills:</p> <ul style="list-style-type: none"> <li>Cyberbullying and online safety</li> <li>Drugs, alcohol, vaping and tobacco</li> <li>Safety and first aid</li> </ul>
Year 8	<p>Developing risk management skills, analytical skills and strategies to identify bias:</p> <ul style="list-style-type: none"> <li>Managing online presence</li> <li>Digital and media literacy</li> </ul>	<p>Developing respect for beliefs, values and opinions and advocacy skills:</p> <ul style="list-style-type: none"> <li>Stereotypes, prejudice and discrimination</li> <li>Promoting diversity and equality</li> </ul>	<p>Developing agency and strategies to manage influence and access support:</p> <ul style="list-style-type: none"> <li>Respect and kindness</li> <li>Online choices and influences</li> </ul>	<p>Developing goal setting, motivation and self-awareness:</p> <ul style="list-style-type: none"> <li>Aspirations for the future</li> <li>Identity and the world of work</li> <li>Inclusivity</li> </ul>	<p>Developing communication and negotiation skills, clarifying values and strategies to manage influence:</p> <ul style="list-style-type: none"> <li><b>Healthy relationships</b></li> <li><b>Relationship boundaries</b></li> <li><b>Consent</b></li> <li>Managing requests for intimate images</li> </ul>	<p>Developing agency and strategies to manage influence and access support:</p> <ul style="list-style-type: none"> <li>Maintaining positive mental health</li> <li>Importance of physical activity</li> </ul>
Year 9	<p>Developing goal setting, analytical skills and decision making:</p> <ul style="list-style-type: none"> <li>Career choices</li> <li>Sources of careers advice</li> <li>Employability</li> </ul>	<p>Developing empathy and compassion, strategies to manage influence and assertive communication:</p> <ul style="list-style-type: none"> <li><b>Relationship expectations</b></li> <li><b>Identifying and responding to abuse and harassment</b></li> </ul>	<p>Developing empathy, compassion and strategies to access support:</p> <ul style="list-style-type: none"> <li>Mental health (including self-harm and eating disorders)</li> <li>Change, loss and bereavement</li> <li>Healthy coping strategies</li> <li><b>Honour based violence and FGM</b></li> </ul>	<p>Developing analytical skills and strategies to identify bias and manage influence:</p> <ul style="list-style-type: none"> <li>Financial decisions</li> <li>Gambling, financial choices and debt</li> <li>Drugs and alcohol</li> </ul>	<p>Developing assertive communication, clarifying values and strategies to manage influence:</p> <ul style="list-style-type: none"> <li><b>Healthy relationships</b></li> <li><b>Consent</b></li> </ul>	<p>Developing decision making, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> <li><b>Sexually transmitted infections</b></li> <li><b>Contraception</b></li> <li>Cancer awareness</li> </ul>
Year 10	<p>Developing self-awareness, goal setting, adaptability and organisation skills:</p> <ul style="list-style-type: none"> <li>Organisational and learning skills</li> <li>Managing mental health concerns</li> </ul>	<p>Developing self-confidence, risk management and strategies to manage influence:</p> <ul style="list-style-type: none"> <li><b>Friendship challenges</b></li> <li><b>Assertive communication</b></li> </ul>	<p>Developing agency and decision making, strategies to manage influence and access support:</p> <ul style="list-style-type: none"> <li>First aid and lifesaving</li> <li>Personal safety</li> <li>Sexualisation of the media</li> <li><b>Impact of pornography</b></li> </ul>	<p>Developing goal setting, leadership and presentation skills:</p> <ul style="list-style-type: none"> <li>Skills for employment</li> <li>Applying for employment</li> </ul>	<p>Developing respect for diversity, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> <li><b>Nature of committed relationships</b></li> <li><b>Forced marriage</b></li> <li>Extremism</li> </ul>	<p>Developing motivation, organisation, leadership and presentation skills:</p> <ul style="list-style-type: none"> <li>Preparation for, and reflection on, work experience</li> </ul>
Year 11	<p>Developing resilience and risk management skills:</p> <ul style="list-style-type: none"> <li>Money management</li> <li>Fraud and cybercrime</li> <li>Preparing for adult life</li> </ul>	<p>Developing communication and negotiation skills, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> <li><b>Relationship values</b></li> <li><b>Maintaining sexual health</b></li> <li><b>Sexual health services</b></li> <li><b>Maintaining relationships, challenges and relationships ending</b></li> </ul>	<p>Developing confidence, agency and support-seeking skills:</p> <ul style="list-style-type: none"> <li>Making safe and healthy lifestyle choices</li> <li>Health promotion and self-examination</li> <li>Blood, organ and stem cell donation</li> </ul>	<p>Developing empathy and compassion, clarifying values and support-seeking skills:</p> <ul style="list-style-type: none"> <li><b>Families and parenting</b></li> <li>Fertility, adoption, abortion</li> <li>Pregnancy and miscarriage</li> <li>Menstrual and gynaecological health</li> </ul>	<p>Developing confidence, self-worth, adaptability and decision-making skills:</p> <ul style="list-style-type: none"> <li>Recognising and celebrating successes</li> <li>Transition and new opportunities</li> <li>Aligning actions with goals</li> </ul>	



• Managing grief and loss

- Relationship

education

- 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.



North East  
Learning Trust