

## 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	Developing self-confidence, self-worth and self-awareness: <ul style="list-style-type: none"> <li>• Puberty and managing change</li> <li>• Body confidence and self-awareness</li> </ul>	Developing empathy, compassion and communication: <ul style="list-style-type: none"> <li>• Making and maintaining friendships</li> <li>• Identifying and challenging bullying</li> <li>• Communicating online</li> </ul>	Developing agency, strategies to manage influence and decision making: <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>	Developing goal setting, organisation skills and self-awareness: <ul style="list-style-type: none"> <li>• Personal identity and values</li> <li>• Body confidence and self-awareness</li> <li>• Building resilience</li> </ul>	Developing assertive communication, risk management and support-seeking skills: <ul style="list-style-type: none"> <li>• Rights in the community</li> <li>• Communication and boundaries in relationships</li> <li>• Consent</li> </ul>	Developing agency and decision-making skills: <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	Developing risk management skills, analytical skills and strategies to identify bias: <ul style="list-style-type: none"> <li>• Managing online presence</li> <li>• Digital and media literacy</li> </ul>	Developing respect for beliefs, values and opinions and advocacy skills: <ul style="list-style-type: none"> <li>• Stereotypes, prejudice and discrimination</li> <li>• Promoting diversity and equality</li> </ul>	Developing agency and strategies to manage influence and access support: <ul style="list-style-type: none"> <li>• Respect and kindness</li> <li>• Online choices and influences</li> </ul>	Developing goal setting, motivation and self-awareness: <ul style="list-style-type: none"> <li>• Aspirations for the future</li> <li>• Identity and the world of work</li> <li>• Inclusivity</li> </ul>	Developing communication and negotiation skills, clarifying values and strategies to manage influence: <ul style="list-style-type: none"> <li>• Healthy relationships</li> <li>• Relationship boundaries</li> <li>• Consent</li> <li>• Managing requests for intimate images</li> </ul>	Developing agency and strategies to manage influence and access support: <ul style="list-style-type: none"> <li>• Maintaining positive mental health</li> <li>• Importance of physical activity</li> </ul>
Year 9	Developing goal setting, analytical skills and decision making: <ul style="list-style-type: none"> <li>• Career choices</li> <li>• Sources of careers advice</li> <li>• Employability</li> </ul>	Developing empathy and compassion, strategies to manage influence and assertive communication: <ul style="list-style-type: none"> <li>• Relationship expectations</li> <li>• Identifying and responding to abuse and harassment</li> </ul>	Developing empathy, compassion and strategies to access support: <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>• Honour based violence and FGM</li> </ul>	Developing analytical skills and strategies to identify bias and manage influence: <ul style="list-style-type: none"> <li>• Financial decisions</li> <li>• Gambling, financial choices and debt</li> <li>• Drugs and alcohol</li> </ul>	Developing assertive communication, clarifying values and strategies to manage influence: <ul style="list-style-type: none"> <li>• Healthy relationships</li> <li>• Consent</li> </ul>	Developing decision making, risk management and support-seeking skills: <ul style="list-style-type: none"> <li>• Sexually transmitted infections</li> <li>• Contraception</li> <li>• Cancer awareness</li> </ul>
Year 10	Developing self-awareness, goal setting, adaptability and organisation skills: <ul style="list-style-type: none"> <li>• Organisational and learning skills</li> <li>• Managing mental health concerns</li> </ul>	Developing self-confidence, risk management and strategies to manage influence: <ul style="list-style-type: none"> <li>• Friendship challenges</li> <li>• Assertive communication</li> </ul>	Developing agency and decision making, strategies to manage influence and access support: <ul style="list-style-type: none"> <li>• First aid and lifesaving</li> <li>• Personal safety</li> <li>• Sexualisation of the media</li> <li>• Impact of pornography</li> </ul>	Developing goal setting, leadership and presentation skills: <ul style="list-style-type: none"> <li>• Skills for employment</li> <li>• Applying for employment</li> </ul>	Developing respect for diversity, risk management and support-seeking skills: <ul style="list-style-type: none"> <li>• Nature of committed relationships</li> <li>• Forced marriage</li> <li>• Extremism</li> </ul>	Developing motivation, organisation, leadership and presentation skills: <ul style="list-style-type: none"> <li>• Preparation for, and reflection on, work experience</li> </ul>
Year 11	Developing resilience and risk management skills: <ul style="list-style-type: none"> <li>• Money management</li> <li>• Fraud and cybercrime</li> <li>• Preparing for adult life</li> </ul>	Developing communication and negotiation skills, risk management and support-seeking skills: <ul style="list-style-type: none"> <li>• Relationship values</li> <li>• Maintaining sexual health</li> <li>• Sexual health services</li> <li>• Maintaining relationships, challenges and relationships ending</li> </ul>	Developing confidence, agency and support-seeking skills: <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>	Developing empathy and compassion, clarifying values and support-seeking skills: <ul style="list-style-type: none"> <li>• Families and parenting</li> <li>• Fertility, adoption, abortion</li> <li>• Pregnancy and miscarriage</li> <li>• Menstrual and gynaecological health</li> </ul>	Developing confidence, self-worth, adaptability and decision-making skills: <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>	

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- 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.