

We will be using a progressive spiral model, in which students will study three key themes throughout their time at The Harvey - **Health & wellbeing**, **Living in the wider world** and **Relationships**. The themes progress over the years to meet the needs and maturity levels of our boys.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Transition and safety Transition to secondary school, including personal safety in and outside of school.	Wheel of Wellbeing Promoting health and happiness through mind, body, spirit, people, place and planet.	Diversity Diversity; prejudice; and bullying.	Health and puberty Healthy routines; influences on health; and puberty.	Building relationships Self-worth; friendships (including online) and friendship boundaries.	UniFrog An introduction to careers – interests; skills; and jobs
Year 8	Smoking and alcohol Alcohol; smoking; and pressures relating to these.	Identity and relationships Gender identity; sexual orientation; relationship boundaries; and an introduction to contraception.	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability discrimination, sexism, homophobia, biphobia and transphobia.	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies.	UniFrog Thinking ahead – Career pathways; and GCSE choices.	Digital literacy Online safety; digital literacy; and media reliability.
Year 9	Peer influence and substance use Healthy and unhealthy friendships; assertiveness; and substance misuse.	Family relationships Families and parenting; healthy family relationships; conflict resolution; and relationship changes.	Healthy lifestyle Diet; exercise; lifestyle balance and healthy choices; and first aid.	UniFrog Planning ahead – Developing skills and experience for the future.	Intimate relationships Relationships and sex education, including consent, ‘sexting’, contraception, the risks of STIs, and attitudes to pornography.	Financial decision making Saving; borrowing; budgeting; and making good financial choices (including about gambling).
Year 10	Mental health Mental health and ill health; stigma; safeguarding health, including during periods of transition or change.	UniFrog Getting ahead – Applications; CVs; and Work Experience.	Addressing extremism and radicalisation Communities; belonging; and challenging extremism.	Exploring influence The influence and impact of drugs; gangs; role models; and the media	Healthy relationships Relationships and sex expectations; myths; and the impact of the media and pornography on these.	Work experience Preparation for and evaluation of work experience and readiness for work.
Year 11	Building for the future Self-efficacy; stress management; and future opportunities.	Responsible relationships Pregnancy; parental responsibilities; and committed relationships.	UniFrog Being ahead – Post 16 choices; and Revision and Exam techniques.	Independence Safety in independent contexts and risk awareness.	Exam preparation Preparation for GCSE exams, including revisiting stress management.	
Year 12	Mental and Physical Health Adjusting to periods of transition or change; body image; body enhancement or alteration; portrayal of mental and physical health in the media / social influencers; misinformation; signs of emotional or mental ill-health; knowing where to look for help; responsibility for monitoring personal health.	Independence Driver and passenger safety; being aware of hazards; how to recognise risk-taking activities and strategies to deal effectively with this; peer pressure; first aid and contacting emergency services.	Alcohol and Drugs Positive social norms in relation to drug and alcohol use; legal and health risks in relation to drug use; relationship between habit and dependence; using over the counter and prescription medications safely; finding help.	Legal rights and responsibilities Powers of arrest and legal rights; Court summons; stop and search; fixed penalty notices; safe travel / access to help when abroad; legal rights associated with identity and inclusion; the equalities act; how to report extremism / hate crimes / radicalisation.	Financial decision making Budgeting; banking; saving; loans and credit cards; student finance; financial stress – including gambling, short-term credit: managing financial disputes.	Work experience / Unifrog Preparation for, completion of and evaluation of work experience. Planning for Life Beyond the Harvey.
			Strained Relationships The physical, emotional and psychological impact on relationships, friends and family.			
Year 13	Life Beyond the Harvey UCAS; Personal Statements; CV’s; Letters of Application; References; Apprenticeship and employment search tools.	Safety Human Rights; Data Protection; Safe use of online / App facilities; Use of social media; how to report concerns on social media; how to recognise and respond to inappropriate and unwanted contact; consumer rights.	Supportive Relationships Friends and family network and managing personal relationships; balancing ambition and unrealistic expectations – self and family; motivational relationships and demotivating relationships; developing maturity in responding to relationship challenges; making new friends beyond HGS; reflect inclusivity and diversity.	Living with Independence Food shopping / healthy eating / one- pot meals; self-care; vehicle maintenance; running repairs; financial hardship and where to look for help; registering for local healthcare; workplace confidentiality; sick pay / support for long-term illness.	Exam Strategies Final preparation; using revision time; life v work balance; maintaining a healthy lifestyle; positivity and self-talk; mindfulness.	