

NHSB VFPD Overview Key Stage 3

	Autumn 1 (7)	Autumn 2 (7)	Spring 1 (7)	Spring 2 (5)	Summer 1 (6)	Summer 2(7)
Year 7	Transition and safety Equipping pupils to be safe and confident in and around their new school. 1. Letter to self 2. Transition to secondary school. 3. What is VFPD? 4. Dealing with change. 5. My goals for Year 7. 6. Living in the city. 7. Basic first aid.	Identity, difference, and collaboration. What makes us unique: how this can be a force for good, how some people use this negatively. 1. Identities. 2. Identity and faith, interfaith work. 3. Bullying – types and effects. 4. Inherent bias. 5. Collaboration and cooperation – inclusion and allyship. 6. Identity and power – introduction to structural inequality. 7. Recap and pupil voice lesson.	Relationships and diversity Healthy relationships, different types of relationships, responsibilities in relationships. Self-worth, romance and friendships (including online), relationship boundaries and risky behaviours, unwanted contact and staying safe 1. Relationships 2. Families 3. Respecting Differences 4. Boundaries (including consent). 5. Relationships for raising a child. 6. Pregnancy, including potential issues and options. 7. Reading and catchup lesson.	Citizenship Role and responsibilities, careers and ways to contribute, living in the UK 1. What does it mean to 'be British'? 2. Institutions, systems, charities (including negatives, like gangs, terrorism, online crime, and organised crime). 3. Political spectrum and beliefs. 4. Careers to make a difference. 5. Financial citizenship.	Body Image Discuss the importance of positive body image, media influences and developing self-esteem. 1. Appearance ideals. 2. Media. 3. Confronting comparisons. 4. Body talk. 5. Be the change. 6. Puberty and change, inc. introduction to pornography.	Health and puberty Healthy routines, influences on health, puberty and developing knowledge around the emotional and physical changes, how puberty enables reproduction. 1. Health Education 1 and 2 (including. sleep, alcohol, and drugs, and sun protection, being outside). 2. Continued. 3. Health Education 3 and 4 (including. online and mental health). 4. Continued. 5. Dental health. 6. Healthy eating and fats. 7. Puberty.

Year 8	<p>Drugs and alcohol</p> <p>Alcohol and drug misuse and pressures relating to drug use.</p> <ol style="list-style-type: none"> 1. Caffeine. 2. Tobacco, alcohol and risks. 3. Drugs: attitudes and effects. 4. Debt and money. 5. Rehabilitation 6. Introduction to Next Generation Awards. <p>(Plus First Aid refresher assembly).</p>	<p>Developing skills and aspirations – Next Generation Awards</p> <ol style="list-style-type: none"> 1. Next generation awards reminder and research. 2. Research continued. 3. Sustainable development. 4. Check list and peer assessment. 5. Continued. 6. Presentations (including online safety). 7. Businesses and environment (inc. corporate case studies). 	<p>Gender stereotypes and identity</p> <p>Consider and challenge stereotypes, to discuss what defines us, valuing ourselves and others. Gender and sexual orientation. Sexting and contraception.</p> <ol style="list-style-type: none"> 1. Diversity, including sexual orientation and gender identity. 2. Discrimination and stereotyping vs. respect and tolerance. 3. Help for victims of bullying and discrimination. 4. Human rights and protected characteristics. 5. Introduction to contraception. 6. Sexting. 7. Reading and catch-up lesson. 	<p>Emotional wellbeing</p> <p>Mental health and emotional wellbeing, including body image and coping strategies. Recognising feelings, in ourselves and others.</p> <ol style="list-style-type: none"> 1. Attitudes to mental health. 2. Promoting emotional wellbeing. 3. Digital resilience. 4. Healthy vs. healthy coping strategies. 5. Body image. 	<p>School and beyond</p> <p>Education, citizenship, financial citizenship, global stewardship, rights.</p> <ol style="list-style-type: none"> 1. Nishkam Improvement Project. 2. Continued. 3. Financial opportunities: mortgages, investment, savings, salaries, tax, public money. 4. Financial risks: debt, gambling, poor investments, scams, terms and conditions. 5. Careers and pathways. 6. Ethics and morality. 	<p>Discrimination</p> <p>Discrimination in all its forms, including: racism, religious discrimination, disability discrimination, sexism, homophobia, biphobia and transphobia.</p> <p>Prevent</p> <p>What is extremism and radicalisation, promote an ethos of tolerance and respect for all.</p> <ol style="list-style-type: none"> 1. Prejudice, stereotypes, and discrimination. 2. Prevent – British Values. 3. Prevent – radicalisation and extremism. 4. Prevent – content. 5. Prevent – propaganda. 6. Prevent – contact. 7. UK Government and police.
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Year 9	<p>Peer influence, substance use and gangs</p> <p>Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation</p> <ol style="list-style-type: none"> 1. VFPD re-introduction plus 'testing knowledge'. 2. Healthy friendships. 3. Coercive friendships. 4. Serious and organised crime. 5. Peers: identity, substances, and money (presentation prep.). 6. Presentations. 7. Gangs – external speaker. 	<p>Respectful and intimate relationships</p> <p>Families and parenting, healthy relationships, conflict resolution, relationship changes, domestic abuse, consent, responsible sexual behaviour.</p> <ol style="list-style-type: none"> 1. What is a healthy and positive relationship. 2. Relationship Stories (double) – workshopping case studies. 3. (L2 Continued) 4. Consent. 5. Reporting abuse. 6. Sharing sexual images. 7. Relationship troubles – make up or break up. 8. Societal change: tackling unwanted behaviour. 9. Child Sexual Exploitation. 	<p>Navigating the real world</p> <p>Life skills and knowledge around finance, politics, and information.</p> <ol style="list-style-type: none"> 1. Household finances and lifetime planning. 2. How the UK government works, voting. 3. Navigating a 'post-truth' world (plus cyber crime). 4. Broader horizons – global opportunities and global citizenship (+ charities). 	<p>Setting goals</p> <p>Career options and goal setting as part of the GCSE options process. Exposure to different careers.</p> <ol style="list-style-type: none"> 1. Careers. 2. Continued. 3. Unifrog student launch. 4. Options assembly. 5. Universities talk. 6. Unifrog student led. 	<p>Healthy lifestyles</p> <p>Diet, exercise, screen time, sleep, lifestyle balance and healthy choices, sun protection, oral hygiene, and first aid</p> <ol style="list-style-type: none"> 1. Mental health awareness, including managing puberty changes. 2. Screen time and digital footprint / data. 3. Better sleep. 4. Unhealthy lifestyle vs. Healthy living. 5. Basic first aid. 6. Health and science: blood and organ donation, stem cells, self-examinations and screening, immunisation and vaccination. 	<p>Gender, power, and safeguarding</p> <ol style="list-style-type: none"> 1. Gender and rights around the world. 2. Pregnancy awareness, choice, alternatives. 3. Forced marriage. 4. Honour-based violence. 5. FGM awareness. 6. Progress in gender equality. 7. End of year reflection.
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NHSB VFPD Overview Key Stage 4 (half termly drop-down days)

Year 10	Gangs, Knife Crime, Child Sexual Exploitation and County Lines St Giles.	Healthy and abusive relationships, first love, consent. Umbrella.	Drugs, alcohol, and substance abuse Narcanon.	Equality and Diversity Birmingham LGBT Association.	Mental Health and Wellbeing Mental Health and Exams session – Birmingham City Council.	University visit and careers fair Internal.
Year 11	Post 16 options, applications, CV and personal statements Internal.	First sex, contraception, pregnancy choices, sexual health, STIs Umbrella.	Pornography, revenge porn, up-skirting and the law Assembly.			

Providing pupils with the knowledge to enable them to make informed decisions about their wellbeing, health, and relationships - now and into adulthood - so that they can create happy and successful lives.