

NHSB VFPD Overview Key Stage 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p>Transition and safety</p> <p>Letter to self, transition to secondary school and personal safety in and outside school, including first aid</p>	<p>Bullying and Conflict Resolution</p> <p>Types of bullying, discrimination, language used, effects and signposting</p>	<p>Personal relationships and diversity</p> <p>Healthy relationships, different types of relationships, responsibilities in relationships</p>	<p>Health and puberty</p> <p>Healthy routines, influences on health, puberty and developing knowledge around the emotional and physical changes, how puberty enables reproduction.</p>	<p>Building relationships</p> <p>Self-worth, romance and friendships (including online), relationship boundaries and risky behaviours, unwanted contact and staying safe.</p>	<p>Professional Masterclasses</p> <p>Exposure to different careers.</p> <p>Body Image</p> <p>Discuss the importance of positive body image, media influences and developing self-esteem.</p>
Year 8	<p>Drugs and alcohol</p> <p>Alcohol and drug misuse and pressures relating to drug use.</p>	<p>Developing skills and aspirations - Next Generation Awards</p>	<p>Gender stereotypes and identity</p> <p>Consider and challenge gender stereotypes, to discuss what defines us, valuing ourselves and others</p>	<p>Emotional wellbeing</p> <p>Mental health and emotional wellbeing, including body image and coping strategies</p>	<p>Identity and relationships</p> <p>Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</p>	<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</p>

						radicalisation, promote an ethos of tolerance and respect for all, identify 'pull factors' and keeping safe.
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Healthy lifestyles Diet, exercise, screen time, sleep, lifestyle balance and healthy choices, and first aid	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process Professional Masterclasses Exposure to different careers.	Respectful relationships Families and parenting, healthy relationships, conflict resolution, relationship changes, domestic abuse.	Intimate relationships Relationships and sex education including consent, responsible sexual behaviour, introduction to contraception and the risks of STIs	FGM Awareness <i>Information around the definition, impact, legalities and where to go for help and support</i> Forced marriage and honour-based violence Impact of FM, types of abuse, human rights

NHSB VFPD Overview Key Stage 4 (half termly drop-down days)

Year 10	Mental Health and Wellbeing	Gangs, Knife Crime, Child Sexual Exploitation and County Lines	Drugs, alcohol and substance abuse	Equality and Diversity	Healthy and abusive relationships, first love, consent.	University visit and careers fair
Year 11	Post 16 options, applications, CV and personal statements	First sex, contraception, pregnancy choices, sexual health, STIs	Pornography, revenge porn, up skirting and the law			