



Barr Beacon School

A proud member of
Matrix Academy Trust

Personal Development Curriculum Overview 2026-27

OUR PERSONAL DEVELOPMENT CURRICULUM

creates confident, resilient individuals, ready to thrive in society.

WE PROMOTE THE FUNDAMENTAL BRITISH VALUES

- DEMOCRACY**
We encourage pupils to have a voice and take part in decisions that affect them.
- THE RULE OF LAW**
We help pupils understand the importance of laws, rules and taking responsibility for their actions.
- INDIVIDUAL LIBERTY**
We support pupils to make their own choices, know their rights and develop independence and self-confidence.
- MUTUAL RESPECT**
We promote respect for others, tolerance of different beliefs and positive relationships.
- TOLERANCE OF THOSE OF DIFFERENT FAITHS AND BELIEFS**
We celebrate diversity and encourage understanding and acceptance of others.

Personal Development

Our Personal Development curriculum incorporates many aspects of school life, which can be explored in the curriculum map below. Personal Development means the development of the whole child as a young person alongside of academic studies. Our Personal Development provision is a rich and broad and ensures a positive and enriching foundation of learning about themselves, others around them, how to keep safe and how to support others. This works in tandem with many other elements on the school including assemblies, outside speakers and performances, form time wellbeing curriculum, RE: world views and beliefs, citizenship, student leadership, whole school reading strategies and enrichment.

Our Beacon Values are integral to how we develop our pupils as young people and are developed within the PSHE curriculum being both taught explicitly and implicitly throughout.



Personal Development Curriculum Endpoints 2026-27

Our personal development curriculum develops confident, resilient individuals ready to thrive in society.

Year 7 PSHE Curriculum Endpoints

Our Year 7 PSHE curriculum supports pupils as they transition into secondary school, helping them develop the knowledge, skills and confidence to make safe, informed and responsible choices. Learning is delivered through discussion, reflection and practical activities, with links to Relationships, Sex and Health Education (RSHE), Citizenship, economic wellbeing and SMSC development.

Unit	Topics Covered	End Points (What pupils will know and be able to do by the end of the unit)	Curriculum Links
1. Healthy Minds, Healthy Lives	Healthy minds and wellbeing; Barr Beacon values; getting to know people; community; careers and the future; sleep and relaxation; proud to be me; transition points; energy drinks and caffeine	Pupils will understand how to maintain positive mental and physical wellbeing, build respectful relationships, develop a sense of belonging within their community, recognise personal strengths, manage change and transitions, and begin considering future aspirations and careers while making informed health choices.	RSHE: Mental wellbeing, healthy lifestyles. Citizenship: Community participation. Economic Literacy: Career awareness. SMSC: Self-awareness, belonging, resilience.
2. Developing Bodies	Physical development; introduction to puberty; girls' puberty and periods; boys' puberty; personal hygiene; growing up; self-esteem; tooth decay	Pupils will understand the physical and emotional changes of puberty, appreciate that development happens at different rates, know how to maintain personal hygiene and oral health, and develop confidence and self-respect during adolescence.	RSHE: Changing adolescent body, physical health, mental wellbeing. SMSC: Personal development and respect for self and others.
3. Smart, Safe, Secure	Avoiding gangs and criminal behaviour; online safety; gaming, grooming and addiction; knife crime; nicotine and smoking; vaping and shisha	Pupils will recognise risks to their safety both online and offline, understand exploitation and criminal influences, identify the dangers of smoking and vaping, and know practical strategies to keep themselves safe and seek support when needed.	RSHE: Personal safety, online safety, drugs and tobacco education. Citizenship: Law and responsibility. SMSC: Moral decision-making.
4. Rights, Responsibilities and British Values	British Values; Desert Island activities; law making; prison reform; living in modern Britain	Pupils will understand democracy, the rule of law, individual liberty, mutual respect and tolerance, appreciate how communities function, understand how laws are created and enforced, and reflect on fairness, justice and active citizenship in modern Britain.	Citizenship: Democracy, justice and civic participation. RSHE: Respectful behaviour. SMSC: Moral, social and cultural understanding.
5. Living in Modern Britain	Consent and boundaries; respect in relationships; friendships; online relationships; masculinity; peer pressure; being positive	Pupils will recognise the features of healthy and respectful relationships, understand consent and personal boundaries, manage peer influence, build positive friendships online and offline, challenge stereotypes and develop resilience and emotional wellbeing.	RSHE: Families and relationships, consent, online relationships, mental wellbeing. SMSC: Respect, empathy and inclusion.
6. Choices, Change and Careers	Careers; jobs market; guess my job; role models; self-awareness and transitions; banks vs building societies; responsible spending; assessment review	Pupils will explore future education and employment pathways, identify personal skills and aspirations, understand different careers and financial institutions, develop responsible money management habits, and reflect on the knowledge and skills gained throughout the year.	Economic Literacy: Financial capability and careers education. Citizenship: Economic participation. RSHE: Preparing for adult life. SMSC: Aspiration and responsible decision-making.

Year 8 PSHE Curriculum Endpoints

In Year 8, pupils build on the foundations established in Year 7 by exploring more complex issues surrounding mental health, healthy relationships, identity, online safety and preparing for adulthood. The curriculum encourages students to think critically about the influence of technology and social media, recognise and challenge prejudice and discrimination, understand personal safety in a wider range of contexts, and develop greater independence in career planning and financial decision-making. Throughout the year, pupils continue to develop the knowledge, skills and confidence needed to make informed, respectful and responsible choices in line with statutory Relationships, Sex and Health Education (RSHE), Citizenship education, economic wellbeing and SMSC development.

Unit	Topics Covered	End Points (What pupils will know and be able to do by the end of the unit)	Curriculum Links
1. Healthy Minds, Healthy Lives	Barr Beacon values and wellbeing; health and wellbeing; mental health; positive body image; child abuse; types of bullying; healthy eating and cholesterol; stress management	Pupils will understand the importance of protecting their mental and physical health, recognise signs of poor wellbeing and abuse, develop positive body image and self-worth, identify bullying behaviours, and apply healthy coping strategies to manage stress and maintain wellbeing.	RSHE: Mental wellbeing, healthy lifestyles, keeping safe. Citizenship: Respect and safeguarding awareness. SMSC: Self-awareness, resilience and empathy.
2. Relationships and Sex Education	Relationships and sexual health; being yourself and self-love; healthy and respectful relationships; what is love; sexual orientation; contraception; assessment review	Pupils will understand the characteristics of healthy relationships, appreciate diversity in sexual orientation and identity, recognise the importance of respect and consent, understand basic contraceptive methods in an age-appropriate context, and value self-respect and personal wellbeing.	RSHE: Families and relationships, intimate relationships, sexual health, equality and inclusion. SMSC: Respect and understanding of diversity.
3. Smart, Safe, Secure	Deepfakes and AI-generated imagery; AI chatbots and scams; algorithms; County Lines; substance misuse; online grooming and child exploitation	Pupils will critically evaluate online content, understand emerging digital risks including artificial intelligence and scams, recognise exploitation and criminal manipulation such as County Lines, understand the risks associated with substance misuse, and know how to seek help to stay safe.	RSHE: Online safety, drugs and alcohol, personal safety. Citizenship: Crime prevention and digital responsibility. SMSC: Ethical decision-making and safeguarding.
4. Rights, Responsibilities and British Values	Loneliness; bullying or banter; peer pressure and risk-taking; personal safety; safety in public spaces; respect for women and sexist jokes; living in modern Britain	Pupils will recognise the impact of loneliness and harmful social behaviours, distinguish between humour and harmful conduct, understand peer influence and personal safety, challenge sexism and inappropriate behaviour, and appreciate their rights and responsibilities as respectful members of society.	Citizenship: Rights, responsibilities and democratic values. RSHE: Respectful relationships and personal safety. SMSC: Moral reasoning and social responsibility.
5. Living in Modern Britain	Identity; multicultural Britain; kindness; breaking down stereotypes; learning disabilities; prejudice and discrimination; challenging Islamophobia	Pupils will explore personal and shared identities, celebrate diversity within modern Britain, challenge stereotypes and discrimination, recognise the value of inclusion and kindness, and understand the importance of respecting people from all backgrounds and abilities.	Citizenship: Equality, diversity and inclusion. RSHE: Respectful relationships. SMSC: Cultural awareness, inclusion and mutual respect.
6. Choices, Change and Careers	Labour Market Information (LMI); careers journey; university versus apprenticeships; stereotypes in employment; branch versus online banking; budgeting and debt; assessment review	Pupils will develop an understanding of labour market trends and future pathways, compare post-16 and post-18 opportunities, challenge career stereotypes, understand modern banking options, manage simple budgets responsibly and recognise the consequences of debt while planning positively for their futures.	Economic Literacy: Careers education, financial capability and budgeting. Citizenship: Economic participation. RSHE: Preparing for adult life. SMSC: Aspiration, responsibility and informed decision-making.

Year 9 PSHE Curriculum Endpoints

In Year 9, pupils deepen their understanding of health, relationships, citizenship and preparation for adult life as they approach Key Stage 4. The curriculum explores more complex topics such as sexual health, equality and discrimination, substance misuse, extremism, consumer awareness and work-related skills. Students are encouraged to think critically, evaluate risk, challenge prejudice and make informed decisions that promote their wellbeing and contribute positively to society. Learning continues to align with statutory Relationships, Sex and Health Education (RSHE), Citizenship education, economic wellbeing and SMSC development.

Unit	Topics Covered	End Points (What pupils will know and be able to do by the end of the unit)	Curriculum Links
1. Healthy Minds, Healthy Lives	Barr Beacon values and wellbeing; body confidence; changing self-esteem; bullying in all its forms; dealing with loss; media and airbrushing; cancer prevention; healthy lifestyles; the impact of drugs	Pupils will understand how self-esteem evolves during adolescence, recognise the effects of bullying and unrealistic media portrayals, develop healthy coping strategies for loss and change, appreciate the role of lifestyle choices in reducing health risks such as cancer, and make informed decisions about drug-related harms and wellbeing.	RSHE: Mental wellbeing, healthy lifestyles, bullying prevention. Citizenship: Personal responsibility. SMSC: Resilience, empathy and self-awareness.
2. Choices, Change and Careers	Skills audit; work experience; work-life balance; smart consumer choices; value for money; financial decision-making; responsible consumer behaviour; assessment review	Pupils will identify their personal strengths and employability skills, prepare for work experience and future careers, understand the importance of balancing work and wellbeing, evaluate financial products and purchasing decisions, and develop the knowledge needed to become responsible consumers and financially informed adults.	Economic Literacy: Employability, consumer awareness and financial capability. Citizenship: Economic participation. RSHE: Preparing for adult life. SMSC: Aspiration, responsibility and reflective decision-making.
3. Smart, Safe, Secure	Conspiracy theories; forms of extremism; terrorism; war and conflict; radicalisation; counter-terrorism	Pupils will develop critical thinking skills to evaluate misinformation and conspiracy theories, understand the risks posed by extremism and radicalisation, recognise how individuals may be exploited, and appreciate the role of democratic institutions and law enforcement in protecting communities.	RSHE: Online safety and safeguarding. Citizenship: Democracy, rule of law and national security. SMSC: Critical thinking and moral responsibility.
4. Rights, Responsibilities and British Values	Drug classifications; substance addictions; cannabis products; party drugs and illegal drugs; volatile substance abuse	Pupils will understand the legal classifications and health risks associated with different substances, recognise the impact of addiction on individuals and communities, evaluate risk-taking behaviours, and make informed decisions that promote safety and responsibility.	RSHE: Drugs, alcohol and tobacco education. Citizenship: Law, responsibility and public health. SMSC: Ethical decision-making and personal responsibility.
5. Living in Modern Britain	Equality Act 2010; LGBTQ+ identities; LGBTQ+ rights around the world; gender equality; ableism and disability discrimination; removing barriers; racism and discrimination in society	Pupils will understand the principles of equality and protected characteristics in UK law, appreciate the diversity of modern society, recognise discrimination and its impact, challenge prejudice and stereotypes, and promote inclusion, dignity and respect for all.	Citizenship: Equality, human rights and democratic values. RSHE: Respectful relationships and inclusion. SMSC: Cultural understanding, social responsibility and mutual respect.
6. Relationships and Sex Education	Reproductive anatomy; sexually transmitted infections (STIs); STI treatment; contraception; condoms; HIV and AIDS; prejudice and discrimination relating to HIV; assessment review	Pupils will understand key aspects of sexual and reproductive health, including anatomy, contraception and protection from STIs, recognise how infections such as HIV can be managed, challenge stigma and discrimination, and appreciate the importance of respectful, informed and responsible decision-making in relationships.	RSHE: Intimate and sexual relationships, sexual health, respectful relationships. SMSC: Respect, inclusion and informed choices.

Year 10 PSHE Curriculum Endpoints

In Year 10, pupils prepare for the transition into adulthood by exploring complex issues that affect their health, relationships, personal safety and future choices. The curriculum develops students' understanding of healthy and unhealthy relationships, safeguarding, sexual and reproductive health, media influence, financial responsibility and post-16 pathways. There is a strong emphasis on critical thinking, informed decision-making and knowing how to access support, enabling young people to navigate an increasingly complex world with confidence and resilience. Learning is aligned with statutory Relationships, Sex and Health Education (RSHE), Citizenship education, economic wellbeing and SMSC development.

Unit	Topics Covered	End Points (What pupils will know and be able to do by the end of the unit)	Curriculum Links
1. Healthy Minds, Healthy Lives	Barr Beacon values and wellbeing; child sexual abuse awareness; screen time; masculinity and misogyny; first aid; promoting emotional wellbeing; financial abuse and controlling relationships; personal safety	Pupils will recognise factors that support positive mental and physical health, understand safeguarding concerns including abuse and coercive control, critically evaluate the influence of digital media and gender stereotypes, develop basic first aid awareness, and identify strategies to keep themselves and others safe.	RSHE: Mental wellbeing, healthy lifestyles, personal safety and safeguarding. Citizenship: Rights and responsibilities. SMSC: Resilience, empathy and ethical decision-making.
2. Relationships and Sex Education	Gynaecological health; healthy behaviours in pregnancy; sextortion; dangers of virginity testing; ending relationships respectfully; positive male role models; online misogyny and incel ideology; assessment review	Pupils will develop an informed understanding of sexual and reproductive health, recognise abusive and exploitative behaviours including sextortion and harmful cultural practices, understand how healthy relationships begin and end respectfully, and critically examine harmful gender stereotypes while promoting respect and equality.	RSHE: Intimate relationships, sexual health, consent, safeguarding and respectful relationships. SMSC: Inclusion, dignity and respect.
3. Smart, Safe, Secure	Honour-based violence; forced marriage; breast ironing; online gaming and gambling; social media validation; modern slavery; causes of knife crime	Pupils will recognise forms of exploitation and abuse, understand legal protections and safeguarding measures, evaluate the risks associated with gambling and excessive online behaviours, appreciate the harms of modern slavery and serious violence, and know how to seek help for themselves or others.	RSHE: Personal safety and online safety. Citizenship: Law, justice and safeguarding. SMSC: Moral reasoning and social responsibility.
4. Rights, Responsibilities and British Values	Critical thinking and fake news; hate crime; human rights; democracy; mutual respect and tolerance; individual liberty	Pupils will strengthen their ability to evaluate information critically, understand the importance of democratic participation and human rights, recognise hate crime and discrimination, and appreciate the values of mutual respect, tolerance and individual liberty within modern British society.	Citizenship: Democracy, justice, rights and responsibilities. RSHE: Respectful relationships. SMSC: Moral, social and cultural development.
5. Living in Modern Britain	Role of a GP; role of a pharmacist; local healthcare services; antimicrobial resistance; civil marriage; unhealthy weight gain and associated risks; first aid	Pupils will understand how to access healthcare services appropriately, recognise the importance of responsible medicine use and antimicrobial stewardship, appreciate legal aspects of civil marriage, make informed choices about maintaining a healthy weight, and consolidate essential first aid knowledge.	RSHE: Physical health, healthcare and healthy lifestyles. Citizenship: Accessing public services. SMSC: Personal responsibility and informed citizenship.
6. Choices, Change and Careers	Post-16 options; is your future really your choice?; researching pathways; loans, credit cards and savings; APR; loan sharks; payday loans; assessment review	Pupils will evaluate education, training and employment pathways after Year 11, recognise influences on career decision-making, research opportunities independently, understand borrowing and saving products, compare financial risks and benefits, and identify unsafe lending practices while developing responsible money management skills.	Economic Literacy: Financial capability, careers education and consumer awareness. Citizenship: Economic participation and informed decision-making. RSHE: Preparing for adult life. SMSC: Aspiration, independence and responsibility.

Year 11 PSHE Curriculum Endpoints

In Year 11, pupils consolidate the knowledge and skills developed throughout secondary school while preparing for examinations, greater independence and life beyond compulsory education. The curriculum focuses on informed decision-making in relationships, physical and mental health, online safety, citizenship and financial capability. Students also explore post-16 progression, employability and ethical issues, equipping them with the confidence to make responsible choices and contribute positively to society. Learning is aligned with statutory Relationships, Sex and Health Education (RSHE), Citizenship education, economic wellbeing and SMSC development.

Unit	Topics Covered	End Points (What pupils will know and be able to do by the end of the unit)	Curriculum Links
1. Healthy Minds, Healthy Lives	Barr Beacon values and wellbeing; organ and blood donation; teenage pregnancy choices; mental illness; teenage parenthood; testicular and prostate cancer; breast and cervical cancer; screening; love and abuse	Pupils will understand how to maintain positive mental and physical health, recognise common mental illnesses and routes to support, appreciate the importance of cancer awareness and screening, evaluate the responsibilities associated with parenthood, understand choices surrounding pregnancy, and recognise the difference between healthy and abusive relationships.	RSHE: Mental wellbeing, physical health, changing adolescent body, intimate relationships and safeguarding. Citizenship: Informed decision-making and community responsibility. SMSC: Empathy, resilience and ethical awareness.
2. Choices, Change and Careers	Writing a CV; mock interviews; careers fair; developing a careers profile; buying a home and housing alternatives; hire purchase (HP); bankruptcy; smart consumer choices; examinations preparation	Pupils will prepare effectively for post-16 education, training and employment by producing application materials, practising interview skills and exploring career pathways. They will also develop financial literacy by understanding housing options, borrowing and insolvency, and make informed consumer decisions while planning confidently for the future.	Economic Literacy: Employability, personal finance and consumer awareness. Citizenship: Economic participation. RSHE: Preparing for adult life. SMSC: Aspiration, independence and responsibility.
3. Smart, Safe, Secure	Social media versus real life; screen addiction and studying; online misinformation; cyberflashing; unsolicited images; upskirting; peer-on-peer abuse in schools	Pupils will critically evaluate digital media, develop healthy technology habits, recognise illegal and harmful online behaviours, understand the law relating to image-based abuse, and know how to report concerns and seek appropriate support to protect themselves and others.	RSHE: Online relationships, personal safety and safeguarding. Citizenship: Digital responsibility and the rule of law. SMSC: Critical thinking and responsible participation.
4. Rights, Responsibilities and British Values	Justice; media literacy and digital resilience; music, violence and influence; moral and ethical decision-making; abortion law, ethics and debate	Pupils will explore how justice operates in society, strengthen media literacy skills, examine the influence of culture and media on attitudes and behaviour, and engage respectfully with complex moral and ethical issues while appreciating differing viewpoints and the legal framework within the UK.	Citizenship: Democracy, justice, rights and responsibilities. RSHE: Respectful discussion of sensitive issues. SMSC: Moral reasoning, critical thinking and cultural understanding.
5. Relationships and Sex Education	Peer-on-peer abuse; fertility and factors affecting fertility; alcohol, parties and risk-taking; importance of sexual health; revisiting sexually transmitted infections (STIs); targeted advertising and personal data	Pupils will understand how to build safe and respectful relationships, recognise abusive behaviours among peers, appreciate the importance of sexual health and fertility awareness, evaluate the impact of alcohol on decision-making, and critically consider how personal data and advertising can influence behaviour online.	RSHE: Respectful relationships, sexual health, consent, online safety and safeguarding. SMSC: Respect, responsibility and informed choices.

Year 12 PSHE Curriculum Endpoints

In Year 12, students further develop the knowledge, skills and confidence needed to thrive as independent young adults. The curriculum focuses on healthy relationships, emotional wellbeing, financial resilience, ethical decision-making and future career planning, including higher education and employment pathways. Students are encouraged to think critically, evaluate risk, manage increasing responsibilities and make informed choices as they prepare for life beyond sixth form. Learning is informed by statutory Relationships, Sex and Health Education (RSHE), Citizenship education, economic wellbeing and SMSC development.

Unit	Topics Covered	End Points (What students will know and be able to do by the end of the unit)	Curriculum Links
1. Healthy Minds, Healthy Lives	Building healthy relationships; importance of friends and family; online dating and personal safety; emotional intimacy; avoiding toxic friendships; power imbalances in relationships; managing relationship breakdowns; safety for new learner drivers	Students will understand the characteristics of healthy and unhealthy relationships, appreciate the importance of supportive social networks, recognise coercive or imbalanced relationship dynamics, manage relationship changes respectfully, stay safe when forming relationships online and understand key responsibilities associated with learning to drive.	RSHE: Mental wellbeing, respectful relationships, personal safety. Citizenship: Personal responsibility. SMSC: Emotional maturity, empathy and resilience.
2. Relationships and Sex Education	Pornography; masculinity and misogyny; sexual health; contraception; revisiting sexually transmitted infections (STIs); respect in relationships; abortion	Students will critically evaluate the influence of pornography and harmful gender stereotypes, understand the importance of sexual health and contraception, recognise how to reduce the risk of STIs, appreciate the principles of respectful relationships, and engage thoughtfully with ethical and legal issues surrounding abortion.	RSHE: Intimate relationships, sexual health, consent and respect. SMSC: Ethical reasoning and inclusion.
3. Smart, Safe, Secure	Financial resilience; choosing a bank; savings options; responsible credit card use; mortgages; debt spirals	Students will develop practical financial capability by comparing banking products, understanding saving and borrowing options, using credit responsibly, recognising the long-term implications of mortgages and avoiding unmanageable debt through informed financial planning.	Economic Literacy: Personal finance, banking and credit. Citizenship: Economic participation. SMSC: Responsibility and informed decision-making.
4. Rights, Responsibilities and British Values	Euthanasia; animal welfare; environmental stewardship; death and the afterlife; origins of the universe	Students will explore a range of philosophical, ethical and societal issues, evaluate differing viewpoints respectfully, consider the responsibilities individuals have towards animals and the environment, and develop reasoned arguments while appreciating diversity of belief and opinion.	Citizenship: Rights, ethics and public debate. SMSC: Spiritual, moral and cultural development, critical thinking.
5. Wellbeing	Depression; stress and performance; anxiety; coercion and controlling behaviour; sleep hygiene and mental health	Students will recognise common mental health challenges, identify strategies for managing stress and anxiety, understand the impact of sleep on wellbeing and performance, recognise controlling behaviours in relationships and know when and how to seek appropriate support.	RSHE: Mental wellbeing, healthy lifestyles and safeguarding. SMSC: Self-awareness, resilience and personal development.
6. Choices, Change and Careers	UCAS and careers planning; overcoming career setbacks; decision fatigue; using AI to support career planning; learning from career journeys; long-term career goals; entrepreneurship and teamwork; work-life balance	Students will make informed decisions about higher education, apprenticeships and employment, reflect on long-term aspirations, use digital tools such as AI responsibly to support career research, understand entrepreneurial opportunities, respond positively to setbacks and develop strategies for achieving a sustainable work-life balance.	Economic Literacy: Careers education, enterprise and employability. Citizenship: Economic participation. RSHE: Preparing for adult life. SMSC: Aspiration, independence and reflective decision-making.

Year 13 PSHE Curriculum Endpoints

In Year 13, students prepare for the transition into higher education, apprenticeships, employment and independent adulthood. The curriculum focuses on responsible decision-making, maintaining healthy relationships, financial independence, personal wellbeing and managing significant life transitions. Students revisit key themes from earlier years with greater depth and maturity, ensuring they are equipped with the knowledge, skills and confidence to navigate adult life safely, ethically and successfully. Learning is informed by statutory Relationships, Sex and Health Education (RSHE), Citizenship education, economic wellbeing and SMSC development.

Unit	Topics Covered	End Points (What students will know and be able to do by the end of the unit)	Curriculum Links
1. Healthy Minds, Healthy Lives	Alcohol awareness; vape spiking; decision-making and accountability; stress awareness; first aid; discussing difficult or taboo topics; breastfeeding and menstruation; challenges of parenting	Students will understand the impact of alcohol misuse and spiking risks, make informed and accountable decisions, apply basic first aid knowledge, discuss sensitive health topics with confidence and respect, appreciate the realities and responsibilities of parenting, and use strategies to manage stress and maintain wellbeing.	RSHE: Mental wellbeing, physical health, personal safety and healthy lifestyles. Citizenship: Personal responsibility. SMSC: Resilience, empathy and ethical decision-making.
2. Choices, Change and Careers	Exam stress; stress and performance; revision strategies; preparation for life beyond sixth form	Students will develop effective strategies for managing examination pressure, understand the relationship between wellbeing and performance, apply evidence-informed revision techniques and prepare confidently for the transition into higher education, apprenticeships or employment.	RSHE: Mental wellbeing and preparing for adulthood. Economic Literacy: Employability and lifelong learning. SMSC: Resilience, independence and personal responsibility.
3. Smart, Safe, Secure	Job security; online scams; young people and debt; financial abuse in relationships; managing life transitions; body image, body modification and appearance versus reality	Students will identify common financial and digital risks, recognise signs of economic abuse and exploitation, understand how employment circumstances can change over time, manage significant life transitions with resilience, and critically evaluate societal pressures relating to appearance and body image.	Economic Literacy: Financial resilience and consumer awareness. RSHE: Online safety and healthy relationships. SMSC: Critical thinking and self-awareness.
4. Rights, Responsibilities and British Values	Religious freedom; Christian teachings about wealth; giving to those in need; Christianity, crime and punishment; exploitation of poverty	Students will explore ethical and philosophical perspectives on wealth, justice and social responsibility, understand the importance of freedom of religion and belief, evaluate differing viewpoints respectfully and reflect on their own responsibilities towards creating a fair and inclusive society.	Citizenship: Rights, democracy and social responsibility. SMSC: Spiritual, moral, social and cultural development.
5. Relationships and Sex Education	Routes to parenthood; unintended pregnancy and available options; fertility and influencing factors; pregnancy, parenthood and employment; menstrual charting; consent and boundaries; revisiting contraception	Students will understand different pathways to becoming a parent, recognise factors affecting fertility, appreciate the legal and practical implications of pregnancy and employment, understand consent and healthy boundaries, and make informed decisions about contraception and sexual health while respecting differing values and perspectives.	RSHE: Sexual health, consent, family life and preparing for adulthood. SMSC: Respect, responsibility and informed ethical discussion.