



## Focus Days

Year 11

Budgeting and finance  
Saving and financial risk  
Consumer rights  
Working hours

Year 10

Sexual health and consent  
Crime and peer pressure

Year 9

Team building and enterprise  
Gambling and money

Year 8

Health and well-being

Year 7

Anti-bullying  
Financial exploitation

The future

- Live a healthy life
- Know and understand options for career
- Tolerance and lack of prejudice and discrimination
- Have healthy and happy relationships

## KNOWLEDGE

Resilience, stress, life events, exercise and sleep, Stress and performance, Banks and money, Relaxation and mindfulness, Time management

Growing up

Post 16 options, Planning for the future, Personal branding, Personal statements, CV, Post 16 applications, Interviews

Your future and beyond

**Yr 11**

Self-esteem, Bullying, Dealing with grief, Media airbrushing, Cancer prevention, Mental health and well-being

Body confidence

Christmas spending, Flexi working, Being savvy, Finance and family, Decision making, Cars and finance, Rags to riches

Future finance

Instagram and tiktok, Marriage, Rights and responsibilities, Consumer rights, Employment rights, Payslips

Being responsible and knowing your rights

**Yr 10**

Substance addiction, Drug classification, Substance misuse, Energy drinks and caffeine, Ecigs and vaping, Alcohol

Vaping, smoking and drugs

Consent, FGM, Delaying sexual activity, Considerations and consequences, Relationships and partners, STIs

Sex and the law

From failure comes success, First aid, Importance of happiness, What is anger?

Essential life skills

**Yr 9**

Understanding the workplace, Jobs and opportunities, Standard occupation classifications, Business structures, Work and organisational structures

Careers and the working world

Family and gangs

Gang situations, Separation and divorce, Bereavement and loss, Roles and responsibilities, Keeping safe

**Yr 8**

Global citizens, Equality, Protected characteristics, Kindness, Charitable giving, Railway safety, First aid

What does it mean to be a good citizen?

Consent and boundaries, What makes a good friend, Friendship and online relationships

Friends, respect and relationships

Worries and puberty

Worry, Unhelpful thoughts, Emotional changes, Physical and mental well-being, Body image, Puberty, Self-care

Getting to know people, Community, Careers and the future, Sleep, Finances, Transition

Managing change

**Yr 7**