



Learning for Life KS3 & KS4 Curriculum plus KS5 statement

Topic Area	Year 7	Year 8	Year 9	Year 10	Year 11
Living in the Wider World	Citizens in the community. Personal safety: Getting to school. Introduction to EDI. Budgeting. Intro to careers.	Role of the police. Criminal courts. Justice system. British Values. Knife crime and serious organised crime. Finances: savings, national insurance & tax. Online financial risks: phoning, gaming, social media, algorithms.	Democracy and Electoral systems in the UK. Tackling extremism. Careers: Identifying interests, GCSE options. Finances: bank accounts and budgeting.	Steps to success - thriving at KS4. Finances: wants vs needs, understanding bank statements. Online Harms: Financial Exploitation.	Valuing diversity. Gang Crime (Mob Mentality). E-Safety. Finances: credit and debt, value for money, taxes and pensions, mortgages and rent, fraud, gaming and gambling. Careers: next steps, making career decisions, CVs and cover letters. Steps to success. Personal Safety Abroad.
Health and Wellbeing	Online safety / wellbeing and Resilience workshops both delivered by Phase. Study skills / Thriving at KS3. How the brain works. Puberty & Menstruation. FGM. Nutrition, movement and cardiovascular health. Screen time. Personal wellbeing: positive thinking and managing worries.	Alcohol. Drugs. Smoking and vaping. Mental Well-being. Resilience - delivered by Phase. Body image. Social media and Self-esteem. Body modifications (tattoos and piercings).	Mental Wellbeing: dealing with setbacks. FUEL resilience programme (four workshops delivered by Phase). Alcohol (Delivered by the Talk About Trust). Drugs and the law: cannabis and county lines. Sleep health.	Understanding AI: rights, safety & wellbeing. Pornography and body image. Revenge porn and upskirting. Digital deception: understanding the harm of deepfakes. Body modifications: sunbeds and cosmetic procedures.	Managing stress and anxiety. Mental Health strategies for life. Cancer awareness: coppafeel and cervical screening. Menstrual Health. Fertility and Reproductive Health. The Menopause. Pregnancy, birth, pregnancy loss, and managing grief. Alcohol and drugs: spiking and counterfeit drugs.
Relationships	Healthy friendships and communication.	Saying no in relationships). Sexting and image sharing. Digital deception: deepfakes. Tipping Point (Delivered by Herts Young Homeless).	Healthy relationships and consent. Condoms, HIV, STIs and sexual health. Resolving conflict and managing the end of relationships.	Forced Marriage. Consent (delivered by Herts Young Homeless). Identifying and evaluating types of contraception. Domestic abuse. Stalking and harassment. Workplace harassment / professionalism. Challenging the narrative: misogyny. Solve it Resolve it (delivered by Herts Young Homeless),	Anti-bullying - in the adult workplace. Healthy relationships revisited.



Learning for Life KS3 & KS4 Curriculum plus KS5 statement

In Key Stage 5, students learn how to contact employers and gain valuable work experience. They reflect on how to study effectively, manage their time and prioritise their wellbeing during their A level studies. Students are given time to reflect actively on their future goals and become aware of any negative thought patterns they may unconsciously develop. This focus on metacognition enables students to persevere and consider how to 'fail forward', thereby becoming resilient lifelong learners. Students are equipped with strategies for managing stress and learning from mistakes. They also learn about the importance of diversity and inclusion, including LGBTQ+ rights. Students are educated on the risks surrounding drug and alcohol abuse and how to keep themselves safe and happy as they become young adults.

This subject content is delivered through assemblies, tutor periods and various enrichment activities, as well as through the use of Unifrog software and following the VESPA model which prioritises the cultivation of study skills and positive attitudes to learning.