

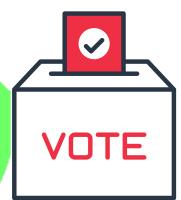
Your Learning for Life

Journey

Preparing you for the Future

Over the course of your time at HGS, you will learn about key skills and content which will help to prepare you for life ahead, enabling you to keep yourself safe and mentally and physically healthy. The curriculum is carefully sequenced and you will return regularly to our five key themes in an age-appropriate manner: Healthy Mind, Healthy Body, Politics, Law & Order, Relationships, Sex & Identity, and Careers and Finance. This will cover the statutory RSE and Citizenship curriculums and the non-statutory PSHE curriculum which ties into our wider personal development programme.

In Year 11 you will be supported to understand the wide variety of future careers and professions you may wish to embark on, including how to apply for these by writing a CV and job letter application, as well as how to prepare for job interviews.



Careers and Finance: Credit and Debt, Value for Money, Tax and Pensions, Post GCSE Options, Making **Career Decisions. Healthy Mind:** Coping with exam stress

AUTUMN

Healthy Mind: Solv conflict, Understand Homelessness, Gaming a. Online Gambling. Relationships, Sex and **Identity: Gender Identity** and Sexuality. Healthy Body: **Tattoos and Piercings.**

Pregnancy and Birth, Miscarriage, Raising children.

Relationships, Sex and Identity:

SPRING

Healthy Body: Cancer awareness.

Relationships, Sex and Identity: Consent and Forced Marriage, Domestic Abuse, Stalking and Harassment.

SUMMER

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AUTUMN

Careers and Finance: Writing CVs and Cover Letters, Professionalism in the Workplace. Politcs, Law and **Order: Political Parties in the UK:** Who would you vote for?

> Careers and Finance: Budgeting (identifying wants VS needs, planning for the future, analysing bank statements, financial security)

SUMMER

Politics, Law and Order: The Electoral System in the UK and Scotland, **Democracy (including various** branches of government and the role of the free press).

Healthy Mind: Let's Talk, Sense of Self. Careers and Finance: Unifrog **Identifying Interests and Making** GCSE Choices.

SPRING

Healthy Body: Pornography and **Body Image, Revenge Porn and** Upskirting.

Careers and Finance: Budgeting (managing bank accounts, income and expenditure).

Healthy Mind: Screen time. Relationships, Sex and Identity: Contraception, Fertility and Reproductive Health, the

Menopause.

Politics, Law and Order: Tackling Extremism, International Politics.



Healthy Body: Alcohol, Drugs: the Law, County Lines and Cannabis.

Relationships, Sex and Identity: Healthy and unhealthy relationships, Using a condom, contraception, HIV, STIs.

SPRING

Healthy Mind: Rise Resillience Programme (Phase)

Relationships, Sex and Identity: LGBTQ+, Family relationships, Saying no in relationships, Resolving conflict, Sexting and Image Sharing.

Resilience.

Healthy Mind: Mental Well-

being, Body Image, Social

Media & Self-esteem,

Careers and Finance: Budgeting (including national insurance and tax). Healthy Body: Alcohol, Drugs, Smoking and Vaping, Healthy

Lifestyle.

Politics, Law and Order: The Role of the Police, Criminal Courts, The Justice System.

> **Healthy Mind: Growth Mindset** Theory.



Politics, Law and Order: What is a Citizen? Citizens in the community, E-Safety,

SUMMER

CAREEF

AUTUMN

SPRING

Relationships, Sex

and Identity:

Puberty, FGM.

Healthy Mind: Study skills. Relationships, Sex and Identity: Friendships, Bullying, Cyberbullying, Communication,



Healthy Mind: Resilience, How the brain works.



Careers and Finance: Introduction to careers and budgeting.



Safe online relationships.