



KNOWLEDGE

## **Focus Days**

Year 11

Budgeting and finance Saving and financial risk Consumer rights Working hours

The future

Live a healthy life

Self-esteem, Bullying, Dealing with

prevention, Mental health and well-

Body confidence

grief, Media airbrushing, Cancer

being

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

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

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

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

Being responsible and knowing your rights

Substance addiction, Drug classification, Consent, FGM, Delaying sexual Substance misuse, Energy drinks and activity, Considerations and caffeine, Ecigs and vaping, Alcohol consequences, Relationships

and partners, STIs

Vaping, smoking and drugs Sex and the law

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

> > Essential life skills

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

Careers and the working world

Family and gangs

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

Gang situations, Separation and divorce, Bereavement d loss, Roles

responsibilitie Keeping safe

Financial exploitation

Friends, respect and relationships

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

Managing change

Worries and puberty

Worry, Unhelpful thoughts, **Emotional** changes, Physical and mental wellbeing, Body image, Puberty, Self-care

Team building and enterprise

Year 9

Gambling and money

## Year 8

Health and well-being

Year 7

Anti-bullying