

Teesdale School – #WorldReady : 5 Year Plan

	Autumn 1 Independence and aspirations	Autumn 2 Autonomy and advocacy	Spring 1 Choices and influences	Spring 2 Independence and aspirations	Summer 1 Autonomy and advocacy	Summer 2 Choices and influences
Year 7	Developing self-confidence, self-worth and self-awareness: <ul style="list-style-type: none"> • Puberty and managing change • Body confidence and self-awareness 	Developing empathy, compassion and communication: <ul style="list-style-type: none"> • Making and maintaining friendships • Identifying and challenging bullying • Communicating online 	Developing agency, strategies to manage influence and decision making: <ul style="list-style-type: none"> • Regulating emotions • Diet and exercise • Hygiene and dental health • Sleep 	Developing goal setting, organisation skills and self-awareness: <ul style="list-style-type: none"> • Personal identity and values • Body confidence and self-awareness • Building resilience 	Developing assertive communication, risk management and support-seeking skills: <ul style="list-style-type: none"> • Rights in the community • Communication and boundaries in relationships • Consent 	Developing agency and decision-making skills: <ul style="list-style-type: none"> • Cyberbullying and online safety • Drugs, alcohol, vaping and tobacco • Safety and first aid
Year 8	Developing risk management skills, analytical skills and strategies to identify bias: <ul style="list-style-type: none"> • Managing online presence • Digital and media literacy 	Developing respect for beliefs, values and opinions and advocacy skills: <ul style="list-style-type: none"> • Stereotypes, prejudice and discrimination • Promoting diversity and equality 	Developing agency and strategies to manage influence and access support: <ul style="list-style-type: none"> • Respect and kindness • Online choices and influences 	Developing goal setting, motivation and self-awareness: <ul style="list-style-type: none"> • Aspirations for the future • Identity and the world of work • Inclusivity 	Developing communication and negotiation skills, clarifying values and strategies to manage influence: <ul style="list-style-type: none"> • Healthy relationships • Relationship boundaries • Consent • Managing requests for intimate images 	Developing agency and strategies to manage influence and access support: <ul style="list-style-type: none"> • Maintaining positive mental health • Importance of physical activity
Year 9	Developing goal setting, analytical skills and decision making: <ul style="list-style-type: none"> • Career choices • Sources of careers advice • Employability 	Developing self-confidence, risk management and strategies to manage influence: <ul style="list-style-type: none"> • Friendship challenges • Assertive communication 	Developing empathy, compassion and strategies to access support: <ul style="list-style-type: none"> • Mental health (including self-harm and eating disorders) • Change, loss and bereavement • Healthy coping strategies • Honour based violence and FGM 	Developing analytical skills and strategies to identify bias and manage influence: <ul style="list-style-type: none"> • Financial decisions • Gambling, financial choices and debt • Drugs and alcohol 	Developing assertive communication, clarifying values and strategies to manage influence: <ul style="list-style-type: none"> • Healthy relationships • Consent 	Developing decision making, risk management and support-seeking skills: <ul style="list-style-type: none"> • Sexually transmitted infections • Contraception • Cancer awareness
Year 10	Developing self-awareness, goal setting, adaptability and organisation skills: <ul style="list-style-type: none"> • Organisational and learning skills • Managing mental health concerns 	Developing empathy and compassion, strategies to manage influence and assertive communication: <ul style="list-style-type: none"> • Relationship expectations • Identifying and responding to abuse and harassment 	Developing agency and decision making, strategies to manage influence and access support: <ul style="list-style-type: none"> • First aid and lifesaving • Personal safety • Sexualisation of the media • Impact of pornography 	Developing goal setting, leadership and presentation skills: <ul style="list-style-type: none"> • Skills for employment • Applying for employment 	Developing respect for diversity, risk management and support-seeking skills: <ul style="list-style-type: none"> • Nature of committed relationships • Forced marriage • Extremism 	Developing motivation, organisation, leadership and presentation skills: <ul style="list-style-type: none"> • Preparation for, and reflection on, work experience



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Year 11	<p>Developing resilience and risk management skills:</p> <ul style="list-style-type: none"> • Money management • Fraud and cybercrime • Preparing for adult life 	<p>Developing communication and negotiation skills, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> • Relationship values • Maintaining sexual health • Sexual health services • Maintaining relationships, challenges and relationships ending 	<p>Developing confidence, agency and support-seeking skills:</p> <ul style="list-style-type: none"> • Making safe and healthy lifestyle choices • Health promotion and self-examination • Blood, organ and stem cell donation 	<p>Developing empathy and compassion, clarifying values and support-seeking skills:</p> <ul style="list-style-type: none"> • Families and parenting • Fertility, adoption, abortion • Pregnancy and miscarriage • Menstrual and gynaecological health • Managing grief and loss 	<p>Developing confidence, self-worth, adaptability and decision-making skills:</p> <ul style="list-style-type: none"> • Recognising and celebrating successes • Transition and new opportunities • Aligning actions with goals
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school if you would like to discuss this further.

- Relationship

education

- Sex education

Parents have the right to withdraw their child from anything highlighted in green. Please contact the