

2026 2027 Life Education Long Term Overview

	Term 1+ 2 Mentor	Term 1+2 Life Education	Term 3+4 Mentor	Term 3+4 Life Education	Term 5+6 Mentor	Term 5+6 Life Education
Y e a r 7	Health and Wellbeing Transition and safety Transition to secondary school (including changing friendships) Personal safety online, in and outside school First aid	Relationships Diversity Diversity, prejudice, and bullying (online and offline)	Living in the wider world Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations AI – Digital deception Personal Safety	Relationships Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Living in the wider world Financial decision making Saving, borrowing, budgeting and making financial choices Personal Safety	Health and Wellbeing Health and puberty, including physical and emotional changes Menstrual health Healthy routines, influences on health, puberty, unwanted contact, and FGM

Year 8	<p>Health and Wellbeing</p> <p>Personal Safety</p> <p>Emotional wellbeing</p> <p>Mental health and emotional wellbeing, including body image, suicide prevention and coping strategies</p> <p>Personal Safety</p>	<p>Relationships</p> <p>Identity and relationships</p> <p>Relationship expectations and values including the sending of images</p> <p>Gender identity, sexual orientation</p> <p>Families and marriage</p> <p>Introduction to contraception</p>	<p>Living in the wider world</p> <p>Digital literacy</p> <p>Online safety, sexting and sextortion, digital literacy, media reliability, and gambling hooks</p> <p>Personal Safety</p>	<p>Health and wellbeing</p> <p>Drugs and alcohol</p> <p>Alcohol and drug misuse and pressures relating to drug use</p>	<p>Living in the wider world</p> <p>Community and careers</p> <p>Equality of opportunity in careers and life choices, and different types of employment</p> <p>Personal Safety</p>	<p>Relationships</p> <p>Discrimination</p> <p>Discrimination in all its forms:</p> <p>Protected characteristics - racism, religious discrimination, disability, sexism, homophobia, biphobia and transphobia</p> <p>Misogyny</p>
Year 9	<p>Health and Wellbeing</p> <p>Lifestyle choices and influences:</p> <p>Social media, sleep, algorithms, self-expression and body modifications, online images</p>	<p>Health and Wellbeing</p> <p>Peer influence, substance use and gangs</p> <p>Healthy and unhealthy friendships, assertiveness, substance misuse, knife crime, gang</p>	<p>Living in the wider world</p> <p>Employability skills</p> <p>Employability and online presence</p> <p>Navigating work, study and careers</p> <p>Career options and GCSE choices</p>	<p>Relationships</p> <p>Respectful relationships</p> <p>Families and parenting</p> <p>Healthy and unhealthy relationships including Harmful sexual behaviour</p> <p>Conflict resolution</p>	<p>Living in the wider world</p> <p>Opportunities, strengths and online presence</p> <p>Managing online reputatiuon</p> <p>AI - Digital Deception</p>	<p>Relationships</p> <p>Intimate relationships</p> <p>Relationships and sex education including consent, Relationship changes,</p> <p>Contraception, the risks of STIs,</p>

	Personal Safety	exploitation and misogyny	Understanding qualifications Personal safety	Attitudes to pornography	Financial decision making and influences Personal Safety	
Year 10	Living in the wider world Study Skills Transition to GCSEs, expectation, organisation AI and Digital deception Personal Safety	Relationships Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography Critical thinking – Challenging Misogyny	Health and Wellbeing Mental health Mental health and ill health, combatting stress, stigma, safeguarding health, including during periods of transition or change Personal Safety	Relationships Addressing extremism and radicalisation Communities, belonging and challenging extremism	Living in the wider world Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices Work experience Preparation for and evaluation of work experience Personal Safety	Health and wellbeing Exploring influence The influence and impact of drugs, gangs, role models and the media

Year 11	Health and Wellbeing Building for the future Independence	RSHE Assertive communication - Contraception, sexual health, pregnancy options Health	Health and Wellbeing Building for the future Independence 'How to...' sessions:	RSHE Relationship challenges and abuse Families Different families and parental		

	<p>'How to...' sessions:</p> <ul style="list-style-type: none">• Life skills• Provisional driving licence• Open bank account• Recognising Misinformation/ Disinformation etc• Personal Safety	<div></div> <div><p>Living in the wider world</p><p>Next steps</p><p>Application processes</p><p>Personal Safety</p></div>	<ul style="list-style-type: none">• Life skills• Provisional driving licence• Open bank account• Recognising Misinformation/ Disinformation etc• Personal Safety	<p>responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>		
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