



**Subject: Citizenship**

Year 7		
	Theme	Teaching
1	My Body & Me	Healthy Diet and obesity
2	My Body & Me	The importance of sleep
3	My Body & Me	Hydration and sugary drinks
4	My Body & Me	Puberty
5	My Body & Me	Eating Disorders
6	My Body & Me	Mental Health and Self-esteem
7	My Body & Me	Young Carers
8	My Body & Me	Disability and Equality
9	My Body & Me	Personal Hygiene
10	My Body & Me	Extra lesson and consolidation
11	British Values	What is a British Value?
12	British Values	Democracy
13	British Values	Voting
14	British Values	Rule of law
15	British Values	Individual liberty
16	British Values	Respect and Tolerance
17	British Values	Why is Britain great?
18	British Values	Extra lesson and consolidation
19	Mental health and emotional wellbeing	Resilience
20	Mental health and emotional wellbeing	Mindfulness

Year 7		
	Theme	Teaching
21	Mental health and emotional wellbeing	Managing stress
22	Mental health and emotional wellbeing	Healthy Coping strategies
23	Mental health and emotional wellbeing	Un-healthy coping strategies (self-harm)
24	Mental health and emotional wellbeing	Confidence and achievement
25	Mental health and emotional wellbeing	Friendships and bullying
26	Mental health and emotional wellbeing	Conflict management
27	Mental health and emotional wellbeing	Anger Management
28	Mental health and emotional wellbeing	Positivity
29	Mental health and emotional wellbeing	Extra lesson and consolidation
30	Criminal Justice and the law	The crime scene
31	Criminal Justice and the law	How reliable is evidence?
32	Criminal Justice and the law	Inside the courtroom
33	Criminal Justice and the law	Sentencing
34	Criminal Justice and the law	The impact of a criminal record
35	Criminal Justice and the law	Courts of appeal
36	Criminal Justice and the law	Project work
37	Criminal Justice and the law	Extra lesson and consolidation
38	Living in the Wider World	Why does Society Need Laws?
39	Living in the Wider World	Crime in the UK



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Year 8		
	Theme	Teaching
1	Living in the Wider World	The role of the police, CPS and courts
2	Living in the Wider World	Young Offenders
3	Living in the Wider World	How do we Punish offenders in the UK
4	Living in the Wider World	Gangs
5	Living in the Wider World	Gangs
6	Living in the Wider World	Gangs
7	Living in the Wider World	Joint Enterprise
8	Living in the Wider World	Extra lesson and consolidation
9	Public Health	Illegal Drugs
10	Public Health	Illegal Drugs and the Law
11	Public Health	The impact of illegal drugs on society
12	Public Health	Tobacco and addiction
13	Public Health	Alcohol and addiction
14	Public Health	Prescription Drugs
15	Public Health	The dangers of prescription medication
16	Public Health	Transplant law
17	Public Health	What is mental health?
18	Public Health	How do we care for our mental health?
19	Public Health	First Aid
20	Public Health	Extra lesson and consolidation

Year 8		
	Theme	Teaching
21	Respect and Relationships	What is a healthy relationship?
22	Respect and Relationships	Internet safety and Grooming
23	Respect and Relationships	The media and body image
24	Respect and Relationships	Refugees
25	Respect and Relationships	Racism
26	Respect and Relationships	Islamophobia
27	Respect and Relationships	Stonewall LGBTQ+
28	Respect and Relationships	Transgender rights
29	Respect and Relationships	Accepting Differences Project Work
30	Respect and Relationships	Extra lesson and consolidation
31	Health and Prevention	Vaccinations and Immunisations
32	Health and Prevention	Maintaing and monitoring your health
33	Health and Prevention	Dental hygiene
34	Health and Prevention	Cancer awareness
35	Health and Prevention	Exercise
36	Health and Prevention	Relaxation
37	Health and Prevention	Extra lesson and consolidation
38	Money Matters	Why save?
39		



**Subject: Citizenship**

Year 9		
	Theme	Teaching
1	Money Matters	How to budget?
2		
3	Money Matters	Debt
4		
5	Money Matters	Pay day loans
6		
7	Money Matters	Gambling
8		
9	Money Matters	Banking
10		
11	Money Matters	University funding
12		
13	RSHE	Consent and Teenage pregnancy
14		
15	RSHE	Different family types and marriage
16		
17	RSHE	Fertility
18		
19	RSHE	Contraception (Spectrum)
20		

Year 9		
	Theme	Teaching
21	RSHE	STIs (Spectrum)
22		
23	RSHE	Condom demonstration (Spectrum)
24		
25	RSHE	Healthy and Unhealthy Relationships (Forced marriage)
26		
27	RSHE	Media portrayal of relationships (Pornography and sexting)
28		
29	RSHE	Honour based violence (FGM)
30		
31	RSHE	Dangerous relationships (Cults and online radicalisation)
32		
33	RSHE	Domestic violence
34		
35	RSHE	Child Sexual Exploitation (CSE)
36		
37	RSHE	Review
38		
39		