



Wellbeing Map 2022-2023

Topic overview		Year	Topic breakdown	Links to careers	Links to British values and SMSC	Links to school values/virtues	Link to RE Curriculum	Link to OFSTED (Personal Development)
Term 1	Health and wellbeing	7	Change and transition Coping with emotions 'Fitting in' (self-esteem) Dealing with grief and loss Mindfulness Introduction to puberty My first period	Dealing with change: starting a new job/ role/ Environment	Individual liberty Mutual respect	Hope and Aspiration Faith	KS3 AO2 "Express insights into the significance and value of religion and other world views on human relationships, personally, locally and globally."	How to keep mentally healthy Confidence Resilience
		8	What is mental health? Dealing with mood swings Being Grateful Dealing with loneliness Meditation Puberty: personal hygiene	Managing stress at work		Spiritual Development Mental Health and Wellbeing (Whole School Approach) C Of E		
		9	Coping with Jealousy Self-esteem (Body shaming) Putting yourself first Grief and bereavement Dealing with anger Sleep hygiene	Emotional literacy				
		10	Overcoming the challenge of being different Depression Social anxiety Self-harm (causes and support available) Suicide Exploring mental health illness	Challenging discrimination in the workplace Building Resilience and Perseverance in the workplace			KS4: Theme A: Relationships and Families	



		11	Natural V Make up Building Resilience Dealing with anxiety Dealing with Paranoia Staying positive- managing feelings Pilates Breast cancer, cervical cancer and screening					
Term 2	Relationships and Sex Education	7	Making new friends Genuine and toxic friends Dealing with bullying You and your family Managing peer pressure Attraction and crushes Respecting yourself	Sexual harassment at work Careers and gender stereotypes	Tolerance of those of different faiths and beliefs Individual liberty	Love Hope Character Development Independent Collaborative	KS3 AO2 "Express their own beliefs and ideas using a variety of forms of expression"	Promoting an inclusive environment How to respect different people's feelings, faith and values
		8	Different types of families New feelings and teen relationships (sexual attraction) Setting boundaries Having Emotional literacy Tolerance	Maintaining healthy relationships in the workplace	Mutual respect		KS4: GCSE Theme A: Relationships and Families Theme B: Religion and Life Theme D: Gender equality	
		9	Healthy relationships Long distance relationships Same-sex relationships Sexual Orientation Sex talk: 'Why do people have sex?' Having sex for the first time Safe sex (contraception)			Difference and Diversity (Valuing all God's Children Second Edition)		



		10	Forced and arranged marriage Spotting the red flags Dealing with a break up Sex, the law and consent Managing sexual pressure (understanding pressure, resisting pressure and not pressuring others) Good Sexual Health (STI's) The facts about pregnancy, including miscarriage					
		11	Being a parent Abusive relationships Sexual exploitation He cheated: should I stay? Different types of intimate relationships Choices in relation to pregnancy (keeping the baby, adoption, abortion and where to get further help) Fertility and STI's Thrush and Cystitis Dating during GCSES					
Term 3	Keeping yourself safe	7	Personal safety First Aid Being street smart Knife Crime Cyber-bullying Drugs (the Law) and their effects	Health and safety at work Taking care of your online reputation for future employers	Individual liberty Mutual respect	Love Faith	KS3: AO2 "Reflect and evaluate their own and others' beliefs about world issues"	



		8	Violence and exploitation by gangs Online safety (meeting people online) Online grooming Recognising the signs of Extremism Hate crime Substance misuse	Careers in social care and law enforcement	The rule of law	Spiritual Development	such as peace and conflict, wealth and power and the importance of the environment,	<i>Enabling pupils to recognise the dangers of inappropriate use of mobile technology and social media</i>
		9	Sexting Girl code online Identity fraud E-Cigarettes and Vaping Social media detox Extremism, radicalisation and prevent				"	<i>Online and offline risks to their well-being</i>
		10	Alcohol and Drugs (risky behaviour) 'My Murder' Bank account fraud Child Sexual Exploitation Extremism: Religious Terrorism Exploring LSD/Crack Cocaine				Theme D: Human rights, Social Justice around the world	
		11	FGM Sharing Nudes Pornography The portrayal of sex in the media Sexual Harassment/Rape Radicalisation online Joint Enterprise					



			Substance Addiction					
Term 4	Living in the wider world	7	Aspiration Confidence, achievement and behaviour Good manners (etiquette) Budgeting What is your dream job? Leadership skills	Work - life balance Resilience in the workplace Careers in STEM	Mutual respect Tolerance of those of different faiths and beliefs	Love Enquiring Spiritual Development	KS3 AO2 "Express their own beliefs and ideas using a variety of forms of expression" Theme B: Religion and life.	<i>Supports learners to develop their character-including their resilience, confidence and independence-and help them know how to keep physically and mentally healthy</i>
		8	Personal Development Plan Role models Team work Why do people work? Further education Careers in STEM	Interpersonal skills Different types of employment		Mental Health and Wellbeing (Whole School Approach) C Of E Character development		
		9	Subject choices (Careers advisor) Researching careers (START) Apprenticeships Jobs in demand Different types of employment Volunteering	Interview skills Rights and responsibilities in the workplace		Independent Organised		
		10	Employability Building your portfolio (CV) Presenting well (in person/applications) How do I apply for a job? Pay scales link to careers Employment: careers rights and responsibilities Barriers to work	How to apply for a Job?		Enquiring		<i>Provides learners to develop and discover their interests and talents</i>



		11	Applying for college (careers advisor) Routes and Pathways Applying for a provisional licence Budgeting, savings account and having good credit Payday and Loans Finance: Tax and Payslips Getting on the property ladder Writing a good personal statement	Pay in the workplace				
Term 5	National and Global citizenship	7	What is the common good? Where can the common good be found? Who is valued? (exploring human dignity in our neighbourhood) What is valued in a person? What can others teach us? What do I have to offer to others? (Identify the role I may have in the common good)	Treating everyone with respect in the workplace Promoting equality in the workplace	The rule of law.	Faith Collaborative Love Respectful Courageous Advocacy	KS3: AO2 "Reflect and evaluate their own and others' beliefs about world issues such as peace and conflict, wealth and power and the importance of the environment," KS4 GCSE	Knowledge of Britain's democratic parliamentary system Difference between right/wrong Civil and criminal law of England Understanding the consequences of their behaviour and actions
		8	Crime and the Law (UK and other countries) The different types of punishment/aims of punishment					



			The Criminal Justice System in the UK/US The difference between Criminal Law and Civil Law Criminal responsibility, law and young offenders, Youth Justice System Anti-social behaviour: gangs				Theme E: Religion, Crime and Punishment	
		9	Democracy and Dictatorship Uk government - voting rights and responsibilities How Parliament works MP's jobs (roles and responsibilities) Local Authority Protesting					
		10	Human Rights and Responsibilities United nations/UNICEF Human Rights: genocide Human Rights: education Human Trafficking and Modern Slavery Refugee, Migration, Human Rights					
		11	Public Examinations					
Term 6	Independent project: Celebrating diversity	7	Diversity and Identity Race and Ethnicity - role models Gender - looking at stereotypes	Building positive relationships in the workplace	Individual liberty. Mutual respect.	Collaborative Love	Theme D: Charity Food banks Street pastors	<i>Prepares learners for future success in their next steps</i>



	and equality		Sexuality - check understanding of language and terminology, what does each letter in LGBTQ stand for- what is it?	Team skills Challenging stereotypes/ discrimination in the workplace	Tolerance of those of different faiths and beliefs. So, C	Courageous Advocacy Respectful Hope Enquiring	(we conduct presentations on these subjects- building on communication and public speaking skills. Debate- developing public speaking/ communication skills and evaluation. Building team work and interpersonal skills.	<i>Promoting equality of opportunity so that pupils can thrive together</i> <i>Individual characteristics make people unique</i>
		8	Racism: what is Prejudice and discrimination? (Equality Act and Discrimination) Breaking down stereotypes Black Lives Matter Movement Poverty in the UK/Homelessness Multicultural Britain					
		9	LGBT: Challenging Homophobia LGBT - Coming out as LGBT, stories Class differences Challenging Islamophobia and Hate Crime Systematic Racism BLM: activism and resilience BLM: promoting social justice					
		10	Race and Ethnicity - Careers and racism positive BAME role models Challenging racism in the workplace					



			Gender - Women in power ME TOO MOVEMENT Transphobia and Transgender					
		11	Public Examinations					