

Phase 6 Core and Extended KS4/5 	23/24
Autumn 1	<p>Introduction to Preparation for Adulthood / One Off Taster Sessions</p> <ul style="list-style-type: none"> • Independent Travel • Confidence and Self-Esteem • Mental Health and Wellbeing & Coping Strategies • Sexual Health & Healthy Relationships • Online Awareness • Physical Health • Money Management • Social Skills
Autumn 2	<p>Independent Living</p> <ul style="list-style-type: none"> • How to assess and manage risk and personal safety in new independent situations, including online • How to manage personal safety in relation to travel, including cycle safety, young driver safety, passengersafety, using licensed taxis and getting home safely • Safety, rights and responsibilities when travelling in the UK and abroad, including passport andinsurance requirements
Spring 1	<p>Health</p> <ul style="list-style-type: none"> • How to seek and assertively give, not give or withdraw consent, in all contexts • Legal and moral responsibilities in relation to seeking consent and how to recognise factors that might affect capacity to consent • The emotional, physical, social and legal consequences of failing to respect others' right not to give or withdraw consent • How to identify the signs of abuse, exploitation and assault or rape • Where and how to access support and report concerns, including online • To evaluate attitudes towards sexual assault and their impact; how to challenge victim-blaming, including when abuse occurs online • How to recognise manipulation and coercion and manage negative influence and persuasion • Exit strategies for unhealthy relationships • Rights in relation to harassment, including online, stalking and violence, how to respond and where to seek help • Exit strategies for pressurised and dangerous situations
Spring 2	<p>Employment</p> <ul style="list-style-type: none"> • How to assess strengths, interests, values, and skills to set realistic, aspirational goals • How to evaluate the options available in education, training and employment post-18, including highereducation, further training or apprenticeships, and gap year opportunities • How to evidence strengths and skills and use this when applying and interviewing for future roles andopportunities • How to evaluate the changing patterns and trends in the labour market, locally, nationally and internationally, and benefit from potential opportunities • How to evaluate the financial advantages, disadvantages and risks relating to post-18 options • How to evaluate the potential gains and risks of different credit/debt arrangements and repaymentimplications, including student loans

	Community Inclusion
Summer 1	<ul style="list-style-type: none"> • Develop an interest in, and commitment to, participation in volunteering as well as other forms of responsible activity, that they will take with them into adulthood • Understand how the roles played by public institutions, public services, interest and pressure groups, charities and voluntary groups provide a voice and support for different groups in society • The different ways in which a citizen can contribute to the improvement of his or her community, to include the opportunity to participate actively in community volunteering, as well as other forms of responsible activity • Participate in a voluntary role
Summer 2	<p>Health</p> <ul style="list-style-type: none"> • How to manage work-life balance, including study, leisure, exercise, sleep and time online • Strategies to promote mental health and emotional wellbeing and address difficulties • Stress management strategies • About the signs of emotional or mental ill-health • How, when and why to access appropriate support and treatment • About the effects on body image and self-esteem, of idealised images of bodies and pressure to conform • Strategies to manage influences on body image • How to manage influences and risks relating to cosmetic and aesthetic body alterations

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Autumn 2	<p>Independent Living</p> <ul style="list-style-type: none"> • How to effectively plan expenditure and budget for changes in circumstances (e.g. when moving out or going to college) • About salary deductions, including taxation, national insurance, student loan repayments and pensions, and how to manage these • How to evaluate savings options • Consumer rights, how to resolve disputes and access support • How to manage financial contracts, including mobile phone services and renting items and accommodation, and identify appropriate advice • How to evaluate the potential gains and risks of different debt arrangements and repayment implications • The risks involved in different financial ventures, including illegal schemes (e.g. illegal money transfers) • How to critically assess different media sources • How to critically evaluate online content and recognise propaganda, manipulation, biased or misleading information
Spring 1	<p>Health</p> <ul style="list-style-type: none"> • How to select appropriate contraception in different contexts and relationships • How to reduce the risk of contracting or passing on an STI • Accessing local and national advice, diagnosis and treatment in relation to sexual health • How to assertively communicate relationship expectations • How to recognise manipulation and coercion, how to seek and assertively give, not give, or withdraw consent • How to effectively evaluate and use the most appropriate methods of contraception in different circumstances (including emergency contraception) and communicate about use with a sexual partner • Sexual health services, locally, nationally and online, and how to access and use them • To recognise how fertility changes over time and evaluate the implications of this

	Employment
Spring 2	<ul style="list-style-type: none"> • How to evaluate strengths, skills and interests in relation to future roles and opportunities • How to be enterprising in life and work • How to write an effective CV and prepare for interviews for part-time work • About career opportunities in a global economy • About rights and responsibilities in different types of employment, including full-time, part-time, and jobs in the 'gig economy' • How to demonstrate professional conduct, including following health and safety protocols • About workplace confidentiality and security, including cyber-security and data protection • When, why and how to seek or provide support in response to bullying and harassment in the workplace • Strategies for overcoming challenges or adversity in the workplace <p>The role of trade unions and professional organisations</p>
	Community Inclusion
Summer 1	<ul style="list-style-type: none"> • How a young person can think about living in their wider community and how they will have a social life • Think about interests and hobbies, including joining clubs or organisations and where it would be possible to meet and find friends • Participate in a range of activities to develop an understanding of personal interests
	Health
Summer 2	<ul style="list-style-type: none"> • Skills to improve adaptability and resilience during periods of change and strategies to manage change • The importance of monitoring personal health and wellbeing • How to make informed, independent health choices and manage media messages about health (including about vaccination/immunisation) • How to maintain a healthier diet • Registering with and accessing doctors, opticians and other health services • Screening and how to perform (e.g. breast and testicular) self-examination • Illnesses that particularly affect young adults, such as meningitis and 'freshers' flu'

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Autumn 2	<p>Independent Living</p> <ul style="list-style-type: none"> • Making decisions around where I can live post-18 • Understanding who I may live with in the future • Understanding what benefits might be available • How to manage a living space e.g. cooking, cleaning, personal hygiene • Ensuring the following are in place before moving out of the family home: bank account, benefits in place, photo identification e.g. passport
Spring 1	<p>Health</p> <ul style="list-style-type: none"> • How to manage mature friendships, including making friends in new places • Strategies to confidently manage transitional life phases, such as leaving school, or leaving home for the first time • Personal safety in new relationships, including online • How to maintain healthy, pleasurable relationships and about different levels of emotional intimacy, the role of pleasure, and the difference between 'love' and 'lust' • Relationship challenges and how to manage the ending of relationships safely and respectfully, including online • How to assertively communicate and negotiate boundaries in relationships • Professional relationships; how to build meaningful relationships in the workplace and establish and respect boundaries • How to manage strong emotions, communicate constructively and negotiate difficulties • Strategies to recognise, de-escalate and exit aggressive social situations • How to evaluate the dangers and consequences of involvement in gangs, serious organised crime or carrying a weapon

	<p>Employment</p> <ul style="list-style-type: none"> • How to evaluate strengths, skills and interests in relation to future opportunities and career development • The implications of the global market for future choices in education and employment • How to identify appropriate 'next steps' post-18, such as higher education, further training or apprenticeships, and gap year opportunities • The application processes, including how to write a concise and compelling personal statement, effectively refine and tailor a CV and prepare for interviews • How to build and maintain a positive professional identity and online presence • That creating and sharing content online can contribute to, or challenge, a positive online presence • How to effectively challenge online content that adversely affects personal or professional reputation • How social media can expand, limit or distort perspectives • How to set and maintain boundaries around personal privacy • How to manage online safety in all its forms, including seeking help when appropriate
Spring 2	<p>Community Inclusion</p> <ul style="list-style-type: none"> • How to communicate personal values in different types of relationships • Strategies to challenge prejudice and discrimination in relation to inclusion and any of the protected characteristics of the Equality Act (2010) • Rights, roles and responsibilities in a diverse society and how to respect and advocate for them • To celebrate cultural diversity and promote inclusion • The ways different faith or cultural views can influence relationships, and how to challenge these if appropriate • How to safely challenge prejudice and discrimination, including online • Extremism and radicalisation, how to reduce the risks and when, where and how to seek help
Summer 1	<p>Health</p> <ul style="list-style-type: none"> • How to perform first aid • How to evaluate when to summon emergency services and about the importance of giving accurate information, even in cases where there may be legal consequences • To identify and manage the impact of substance use on health, personal safety, decision making and sexual behaviour • The consequences of substance use, and how to manage use of alcohol and other drugs • The risks of being a passenger with an intoxicated driver and how to manage this • The impact of substance use on road safety, work-place safety, reputation and career
Summer 2	