

## Long Term Plan

As our KS5 students prepare for their next steps post-18, they will refine and apply the skills and knowledge that they have learnt during their time in lower school. Our KS5 students will be equipped with the knowledge to make safe, well-informed and critical decisions into adulthood having developed a strong understanding of who they are as an individual.

Learning Cycle	Key Concepts and Themes	Notes
<b>HT1</b>  Respectful, Intimate and Sexual Relationships	<ul style="list-style-type: none"> <li>How to seek and assertively give, not give or withdraw consent, in all contexts</li> <li>About the legal and moral responsibilities in relation to seeking consent and how to recognise factors that might affect capacity to consent</li> <li>About the emotional, physical, social, and legal consequences of failing to respect others' right not to give or to withdraw consent</li> <li>How to identify the signs of abuse, exploitation and assault or rape</li> <li>Where and how to access support and report concerns, including online</li> <li>To evaluate attitudes towards sexual assault and their impact; how to challenge victim-blaming, including when abuse occurs online</li> <li>How to recognise manipulation and coercion and manage negative influence and persuasion</li> <li>Exit strategies for unhealthy relationships</li> <li>About rights in relation to harassment, including online, stalking and violence, how to respond and where to seek help</li> <li>About the unacceptability and illegality of forced marriage and 'honour'-based violence and how to safely seek help</li> <li>Exit strategies for pressurised or dangerous situations</li> <li>How to select appropriate contraception in different contexts and relationships</li> <li>How to reduce the risk of contracting or passing on an STI</li> <li>About the advantages of delaying conception</li> <li>About unintended pregnancy and young parenthood</li> <li>About the pathways available in the event of an unintended conception</li> <li>How to access appropriate advice and support in relation to pregnancy, including miscarriage</li> </ul>	
<b>HT2</b>  Health and Well-Being	<ul style="list-style-type: none"> <li>The effects on body image and self-esteem, of idealised images of bodies and pressure to conform</li> <li>Strategies to manage influences on body image</li> <li>How to manage influences and risks relating to cosmetic and aesthetic body alterations</li> <li>To identify and manage the impact of substance use on health, personal safety, decision making and sexual behaviour</li> <li>About the consequences of substance use, and how to manage use of alcohol and other drugs</li> <li>How to manage personal relationships and personal safety online.</li> <li>Bone marrow and stem cell donation – how you can support the health of others.</li> <li>About screening and how to perform (e.g. breast and testicular) self-examination</li> <li>Gambling addiction – debates and understanding</li> </ul>	
<b>HT3</b>  Keeping yourself safe and happy  Year 13 only: preparing for independence	<ul style="list-style-type: none"> <li>How to manage personal safety in relation to travel, including cycle safety, young driver safety, passenger safety including risks of getting in a car with an intoxicated driver, using licensed taxis and getting home safely</li> <li>About safety, rights and responsibilities when travelling in the UK and abroad, including passport, visa and insurance requirements</li> <li>Creating and maintaining a professional online presence, cyber security, and data protection and how creating and sharing content online can contribute to, or challenge, a positive online presence</li> <li>How to effectively challenge online content that adversely affects personal or professional reputation</li> <li>How to perform first aid</li> <li>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</li> </ul> <p><b>Year 13 only:</b></p> <ul style="list-style-type: none"> <li>How to effectively plan expenditure and budget for changes in circumstances (e.g. when moving out or going to university)</li> <li>How to manage financial contracts, including mobile phone services and renting items and accommodation, and identify appropriate advice</li> <li>Accessing local and national advice, diagnosis and treatment in relation to sexual health</li> <li>Registering with new health services</li> <li>Recognising illnesses which affect young people.</li> </ul>	

## KS5 Personal Development

			<ul style="list-style-type: none"> <li>How to budget for healthy diet</li> </ul>	
	HT4	What do I stand for?	<ul style="list-style-type: none"> <li>Understanding the legal and politic system in the UK as well as alternative systems globally.</li> <li>Understanding British Industry: privatisation, nationalisation and links to political system and climate change.</li> <li>Understanding the British Media and who controls it and how to critically assess different media sources</li> <li>How to critically evaluate online content and recognise propaganda, manipulation, biased or misleading information</li> <li>Your rights in the workplace: trade unions, challenging work place behaviours</li> <li>Salary deductions, including taxation, national insurance, student loan repayments and pensions, and howto manage these</li> <li>Promoting understanding of refugees, inclusion and challenging prejudice particularly in relation to religious hate crime.</li> </ul>	
	HT5	The World Around Me: finances	<ul style="list-style-type: none"> <li>How to evaluate savings options</li> <li>About consumer rights, how to resolve disputes and access support</li> <li>How to manage financial contracts, including mobile phone services and renting items and accommodation, and identify appropriate advice</li> <li>How to evaluate the potential gains and risks of different debt arrangements and repayment implications</li> <li>About the risks involved in different financial ventures, including illegal schemes (e.g. illegal money transfers)</li> <li>Understanding poverty in the UK</li> <li>Understanding green technology and sustainability</li> </ul>	
	HT6	My Future	<ul style="list-style-type: none"> <li>Year 12 only:</li> <li>Planning for a future beyond college.</li> <li>How to write a successful personal statement for UCAS and apprenticeship applications</li> <li>How to write a CV</li> <li>Registering for UCAS and the teacher reference system</li> <li>Writing personal statements</li> </ul>	

<b>Skill Development</b>	<ul style="list-style-type: none"> <li>Identifying thinking traps</li> <li>Resilience</li> <li>Managing risk and peer influence</li> <li>Identifying and accessing support</li> <li>Self-regulation</li> </ul>	<ul style="list-style-type: none"> <li>Clarifying own values</li> <li>Developing a healthy self-concept</li> <li>Building and maintaining healthy relationships</li> <li>Decision making</li> <li>Independence</li> </ul>	<ul style="list-style-type: none"> <li>Empathy and compassion</li> <li>Respect for others</li> <li>Valuing diversity</li> <li>Assessing the validity and reliability of information</li> </ul>
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