

LHS LIFE PROGRAMME OVERVIEW

■ *Health*
■ *Relationships*
■ *Living in the wider world*

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Relationships and Health Introduction to healthy and unhealthy relationships, consent and abuse disclosures	Diversity Diversity and prejudice Discrimination in all its forms including sexism	Diversity and Health Discrimination in all its forms including racism and disability	Relationships and Health Discrimination in all its forms including homophobia, biphobia and transphobia. Smoking, vaping and alcohol.	Financial decision making Managing financial risk taking, making safe financial choices The link between jobs and money How to be enterprising; sustainability
		Anti-bullying Tackling bullying at school		Mental wellbeing Self-esteem and mental wellbeing	Financial decision making Saving, spending and budgeting	First Aid CPR
Year 8	Relationship expectations Relationship values and expectations. Sexual orientation and gender identity	Relationships Consent, avoiding assumptions. Introduction to contraception	Sexual consent, health and risks Law in relation to consent Risks of sending images Stereotypes and their impacts on relationships	Living in the Wider World Introduction to FGM British Values and Personal Liberty	Diversity and health Gender-based discrimination, homophobia, biphobia, racism and religious discrimination	Living in the Wider World Money from around the world Digital literacy – how does money make you feel?
	Mental wellbeing Strategies for daily wellbeing and digital resilience	Bodily health Nutrition – tooth decay and cancer; caffeine; tobacco and alcohol (dangers and peer pressure); vaping; importance of sleep			Online Safety Being safe online. The law surrounding the sharing of nude images	Risks to wellbeing Attitudes to mental health; healthy and unhealthy coping. Self Harm and Eating disorders

Lymm High School Life Programme Overview

Autumn 1

Autumn 2

Spring 1

Spring 2

Summer 1

Summer 2

Year 9

Careers

Careers introduction;
stereotypes in the
workplace
Vaping

Hope not Hate

Discriminatory
language
Anti-bullying

Respectful relationships

Respectful
relationships.
Sexual health and
contraception.

Respectful relationships

Capacity to consent.

Online risks

Online safety

Unconscious Bias

Managing the end of
relationships.
Masculinity
micro-aggressions
Just Like Us (Pride)

Healthy lifestyles

Healthy lifestyles.
Online pornography.
Diet, physical and
mental health.
Alcohol and drugs.

Citizenship

Judges, juries and
the justice system

First Aid

Relationships

Delaying sexual activity;
sexual harassment in
schools; gendered
attitudes to sex
Different family units,
homelessness