

**Wellbeing and Risks**

- Perseverance and Procrastination - dealing with stress
- Gambling and online Gambling
- Digital Footprints
- Unhealthy Coping strategies
- Healthy Coping Strategies
- Knife Crime
- Drugs and Alcohol

Students leave Rivers Academy equipped with the tools they need to be healthy and safe members of society. They are knowledgeable about the wider world and where they belong within it. We aim to equip students with knowledge about where they can access help and services and make healthy informed choices.

y7/8 & 10 have 3 lessons a fortnight where they are delivered Personal Development lessons which incorporate PSHE, Citizenship and RPE. Year 11 have deep learning days where they are delivered PSHE, RPE and Citizenship off Timetable through workshops and outside facilitators to enhance their learning at KS3. KS5 are delivered a specialised programmed by the 6th Form team which has been tailored to their needs.

Assessments checks learning and knowledge and supports literacy. We have short quizzes for recall and longer debate style questions which we mark for literacy.



- Mental Health and Wellbeing
- Dealing with Stress and Anxiety
- Drugs
- Alcohol
- Smoking

**Staying Safe and Risky Behaviours**

- Alcohol Awareness
- Drugs and the Law
- Vaccinations, organs, blood donation and hygiene
- Self checking - cancer
- Acid Attacks
- Self Harm

**Relationship and Sex Education**

- Conflict Management
- Forces and Arranged Marriages
- Harassment and Stalking
- Image sharing and Social Media
- Pornography

**Health and Wellbeing**

- What is a Healthy Lifestyle?
- How can I keep a balanced diet?
- How do I know if I am eating healthily or not?
- Energy Drinks
- Why are smoking and drugs so bad for us?

**Personal Finance**

- What is Budgeting?
- Budgeting plan
- Savings
- Financial Products
- Financial transactions

**British Values Politics and Power**

- What is Power?
- Who has Local Power?
- Who has National Power?
- Design your own Political Party



**EXAM SUPPORT & PREPARATION**



WELLBEING AND LIVING IN THE WIDER WORLD

**RELATIONSHIPS**

- Saving and managing money
- Consumer Rights and Responsibilities
- Employment Rights and Responsibilities
- Exploring a Payslip
- Finance, Budgeting and Employment
- Enterprise and Employability Skills
- Diversity and Inclusion in the workplace

**INDUCTION TO YEAR 11**

- Relationships
- Incels and Misogyny
- Masculinity and Misogyny
- Thinking about the future
- Mental Health
- Consent
- Contraception (recap)
- Diverse & Healthy Relationships
- Online safety

**Induction to year 11**

- Post 16 Options
- Unifrog
- First Aid
- Study skills - revision cards, retrieval practice
- Setting up study space
- Wellbeing and sleep
- Screen addiction and studying

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**HEALTH & WELLBEING**

**LIFE AND DEATH**

**RELATIONSHIPS**

- Wellbeing
- Managing tough times
- Suicide
- Social Anxiety
- Social Media and effects
- Screen Time



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**FINANCE AND CAREERS**

- Personal Finance & Careers
- My future
- Work Skills
- Enterprise and the Workplace
- Savings
- Consumers Rights
- Employability

**LIVING IN THE WIDER WORLD**

- Introduction to Year 9
- Behaving to Achieve
- Human Rights
- Interpersonal Skills
- Equality Act
- Growth Mindset
- Coping with Stress
- Managing Anxiety

**BRITISH VALUES**

- Fake News and Critical Thinking
- International Organisations
- Hate Crime
- B

**Safety & Risky behaviours**

- Vaping, Nicotine, Addiction
- Cancer Awareness
- Personal Safety and First Aid
- Teenage Pregnancy

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**RELATIONSHIPS**

**Transition to Year 8**

- Mental Health
- Emotional Literacy
- Puberty
- Periods
- FGM



**Mental Health and Wellbeing**

- Self-confidence
- Target Setting
- Managing my own behaviour
- Emotional Literacy - Self-Awareness
- Mindfulness

**RELATIONSHIPS**

- Healthy Relationships
- Domestic Conflict
- Sexting and Image Sharing

**HEALTH & WELLBEING**

**LIFE AFTER DEATH**



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**BRITISH VALUES**

**British Values-Equality**

- British Values
- Disability
- LGBT discrimination around the world
- Teenagers
- Radical Groups
- Where does extremism come from?



**British Values - Rule of Law**

- Why do we need the law?
- What is the Magna Carta and why is it important?
- The Courtroom
- Role of the Police



**Personal Finance and Careers**

- Income and Expenditure
- Tax and National Insurance
- How is Tax spent
- Budgeting and Saving
- Entrepreneurs
- Teamwork

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**LIVING IN THE WIDER WORLD**

**WORLD RELIGIONS (JUDAISM, CHRISTIANITY AND ISLAM)**

**RELATIONSHIPS**

**Relationships**

- Maintaining friendships
- Families and different long term commitments
- Romance, Love and New feelings
- Bullying or Banter
- Online Bullying
- What is online Radicalisation?

**Introduction to Secondary School**

- Aspirations
- Importance of Self-Esteem
- Wants and Needs
- Racism and Stereotypes
- Keeping Safe - Social Media
- Ethical Consumers



**Transition Days in July Year 6**

- Creative transition
- Full transition day

