

**Secondary Citizenship & PSHE curriculum  
Maritime 25-26**

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|  |  | **Year 7** | **Year 8** | **Year 9** | **Year 10** | **Year 11** |
| Autumn 1 | 1 | What are first impressions? | Union Jack Flag - Printed Half Yard ...How do rules and laws differ? | Union Jack Flag - Printed Half Yard ...What is news? | How can I optimise my physical health? | How can I manage stress? |
| 2 | Who am I? | Union Jack Flag - Printed Half Yard ...Where do laws come from? | Union Jack Flag - Printed Half Yard ...How can I judge the  reliability of a news article? | Informed Consent ...What else should I know about drugs and alcohol? |
| 3 | What is self-esteem? | Union Jack Flag - Printed Half Yard ...What crimes occur near me? | Union Jack Flag - Printed Half Yard ...How can I verify information? | What do I remember about  essential first aid? | How can I deal with disappointment? |
| 4 | What makes a  relationship healthy? | Union Jack Flag - Printed Half Yard ...Who is involved in the legal process? | Union Jack Flag - Printed Half Yard ...How might I be manipulated? | How can I identify  meningitis and strokes? |
| 5 | How are families different? | Union Jack Flag - Printed Half Yard ...Are all courtrooms the same? | Union Jack Flag - Printed Half Yard ...How can I REVIEW my news? | Should vaping be banned? | How might my health affect  my exam performance? |
| 6 | Informed Consent ...What do healthy  friendships look like? | Union Jack Flag - Printed Half Yard ...How am I influenced? | What is body image? | What is cancer? |
| 7 | Informed Consent ...What is bullying? | Informed Consent ...What do I need to know  about gangs? | How might the media influence how I feel about the way I look? | How can I identify potential cancers? | Am I allowed to vote? |
| Autumn 2 | 8 | Informed Consent ...What is cyberbullying? | What should I know  about knife crime? | How might drugs affect us? | What parts of our bodies can  be donated to others? |
| 9 | How can I take a stand when  I see bullying happening? | Informed Consent ...What is grooming? | Why do people use drugs? | What services are available to manage my health? | *Allow loss of lessons for Mocks* |
| 10 | Union Jack Flag - Printed Half Yard ...Is everyone treated equally? | What does ‘county lines’ mean? | Why might people use steroids? | Union Jack Flag - Printed Half Yard ...What are human rights? |
| 11 | Union Jack Flag - Printed Half Yard ...What are stereotypes? | Union Jack Flag - Printed Half Yard ...What is extremism? | What does the law say  about drugs? | Union Jack Flag - Printed Half Yard ...How can we balance human rights? | How can I vote in a  General Election? |
| 12 | Union Jack Flag - Printed Half Yard ...How might people with  disabilities be treated? | Union Jack Flag - Printed Half Yard ...What are hate crimes? | What risks are linked to drug use? | Union Jack Flag - Printed Half Yard ...Do I have the right to say whatever I want? |
| 13 | Union Jack Flag - Printed Half Yard ...How can we deal with racism? | Union Jack Flag - Printed Half Yard ...How can I share key information about crime with others? | What is addiction? | Union Jack Flag - Printed Half Yard ...Should my privacy be protected at all costs? | Is our current  electoral system fair? |
| 14 | Union Jack Flag - Printed Half Yard ...What support can I offer to others? | Union Jack Flag - Printed Half Yard ...How can I share key information about crime with others? | Should cannabis be legalised? | Union Jack Flag - Printed Half Yard ...What rights do asylum seekers have? |
| Spring 1 | 15 | What is health? | What does caffeine do to my body? | Informed Consent ...What do healthy, romantic relationships look like? | Informed Consent ...How does the law try to protect victims of FGM and GBV? | Union Jack Flag - Printed Half Yard ...How democratic is the UK? |
| 16 | How can screen time affect  my health? | What are prescription drugs? | Informed Consent ...What is consent? | Informed Consent ...What is sexual harassment? |
| 17 | How much sleep should  I be getting? | What are units? | Informed Consent ...What are potential signs  of abuse? | How might people show their commitment to their partner? | Informed Consent ...How realistic is pornography? |
| 18 | What makes vaping addictive? | Informed Consent ...What are the physical effects  of drinking alcohol? | Informed Consent ...What does the law say  about sharing nudes? | What might people think  or feel about sex? |
| 19 | How can I look after my teeth? | Informed Consent ...What are the social effects  of drinking alcohol? | Informed Consent ...How are condoms used? | What risks might be  involved in sexual acts? | Informed Consent ...How can people maturely  end a relationship? |
| 20 | What are the benefits  of physical activity? | Informed Consent ...How can I manage influence  and pressure around alcohol? | Informed Consent ...What are STIs? | What other forms of  contraception exist? |
| Spring 2 | 21 | How can I manage my  personal hygiene? | Which common health conditions should I know about? | Union Jack Flag - Printed Half Yard ...What does a democratic  country look like? | What factors might  affect a person’s fertility? | Informed Consent ...What does stalking look like? |
| 22 | What are the physical  changes of puberty? | How can I help someone who  has had an accident? | Union Jack Flag - Printed Half Yard ...How else might a country be run? | What options does someone have if they are pregnant? |
| 23 | What happens during menstruation? | What is CPR, and how  do defibrillators work? | Union Jack Flag - Printed Half Yard ...What does the Cabinet do? | What happens during pregnancy? | Where can young people access  sexual health services? |
| 24 | How can I manage the  changes of puberty? | Why is it important to use antibiotics responsibly? | Union Jack Flag - Printed Half Yard ...What advice would I give to the Cabinet in an emergency? | Are all parents the same? |
| 25 | How can I share key information about puberty with young people? | How do vaccinations work? | Union Jack Flag - Printed Half Yard ...Who in the UK holds  the greatest power? | Union Jack Flag - Printed Half Yard ...How might citizens become involved in the legal system? | *Catch-up* |
| 26 | How can I share key information about puberty with young people? | Should vaccinations be compulsory? | Union Jack Flag - Printed Half Yard ...How are those in power held to account? | Union Jack Flag - Printed Half Yard ...How do courts decide on sentences? |
| Summer 1 | 27 | What is a risk? | What makes a great leader? | What is mental health? | *Allow loss of lessons for Mocks* | *Exams* |
| 28 | How can I be safe on,  and near, the road? | How can I work well in a team? | How can social media affect me? | *Allow loss of lessons for Mocks* |
| 29 | How can I be safe near train lines? | How can I solve problems successfully? | How can I support someone using unhealthy coping mechanisms? | Union Jack Flag - Printed Half Yard ...What is international law? |
| 30 | How can I be safe around water? | How can I communicate  more effectively? | How can I cope with grief? | Union Jack Flag - Printed Half Yard ...What does the UK have to do with the Commonwealth? |
| 31 | How can I be safe online? | How can I meaningfully reflect  on my actions? | How can I develop my resilience? | Union Jack Flag - Printed Half Yard ...What does the UK have to do with the United Nations? |
| Summer 2 | 32 | What do young carers do? | What are my rights as a consumer? | Union Jack Flag - Printed Half Yard ...How are our differences  protected by the law? | What is phishing? |
| 33 | Union Jack Flag - Printed Half Yard ...Can young people make a change? | Which documents can help me  to keep track of my money? | Union Jack Flag - Printed Half Yard ...How have attitudes towards sex and gender changed over time? | How do loans and  mortgages work? |
| 34 | Union Jack Flag - Printed Half Yard ...What is Parliament? | How can a budget help  to manage my money? | Union Jack Flag - Printed Half Yard ...How have attitudes towards sexual orientation changed? | Do I really need insurance? |
| 35 | Union Jack Flag - Printed Half Yard ...How are political parties  similar and different? | How effectively can I budget  for a real-world scenario? | Union Jack Flag - Printed Half Yard ...How have attitudes towards  race changed over time? | What are pensions? |
| 36 | Union Jack Flag - Printed Half Yard ...What happens in a  General Election? | How do bank accounts work? | Union Jack Flag - Printed Half Yard ...How can I effect change? | How are taxes calculated? |
| 37 | Union Jack Flag - Printed Half Yard ...What would my platform for election look like? | What are the potential effects of gambling? | Union Jack Flag - Printed Half Yard ...How can I effect change? | Where does the government spend our money? |
| 38 | Union Jack Flag - Printed Half Yard ...What do MPs do? | How can I ensure that  my money is kept safe? |  | What is foreign aid? |

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|  | Careers and Economic  & Financial Education |  | Citizenship  Education |  | Health  Education |  | Relationships &  Sex Education |