

SMRT Values in Practice Overview

Key Stage 3

	Y7	Y8	Y9
Term 1	<u>Healthy School</u> <ol style="list-style-type: none"> 1. ALIVE values self-assessment 2. Friendships 3. Bullying 4. Staying safe online (sexting) 	<u>Careers</u> <ol style="list-style-type: none"> 1. Careers & ALIVE values self-assessment 2. Jobs 3. Minimum wage 4. Entrepreneurship 	<u>Justice</u> <ol style="list-style-type: none"> 1. Crimes and punishments in the UK 2. British justice system (courts) 3. Restorative justice
Term 2	<u>Healthy Self</u> <ol style="list-style-type: none"> 1. Healthy diet 2. Healthy exercise 3. Healthy sleep 	<u>Finance</u> <ol style="list-style-type: none"> 1. Bank accounts & statements 2. Fraud 3. Money & mental health 4. Budgeting 	<u>Politics</u> <ol style="list-style-type: none"> 1. Parliament & government 2. British political parties 3. What do MPs do? 4. Researching local constituency/ MP
Term 3	<u>Healthy Self Continued</u> <ol style="list-style-type: none"> 1. Smoking & vaping 2. Alcohol 3. Puberty & periods 	<u>Mental health</u> <ol style="list-style-type: none"> 1. Emotional wellbeing 2. Resilience & failure 3. Depression & anxiety 4. Eating disorders 5. Self-harm 	<u>Choosing GCSE options</u> <ol style="list-style-type: none"> 1. GCSE options at SMRT 2. Bristol labour market information 3. Showcasing personal strengths 4. Managing online reputation
Term 4	<u>Mental health</u> <ol style="list-style-type: none"> 1. Conflict resolution 2. Anxiety reducing strategies 3. Positive thinking strategies 4. Loss and bereavement 	<u>Drugs</u> <ol style="list-style-type: none"> 1. Caffeine 2. Tobacco 3. Alcohol 	<u>Diversity & discrimination</u> <ol style="list-style-type: none"> 1. What is a hate crime? 2. Ableism
Term 5	<u>Community</u> <ol style="list-style-type: none"> 5. Sexuality 6. Gender 7. Disablism 	<u>Sex and relationships</u> <ol style="list-style-type: none"> 1. Introduction to consent 2. Avoiding assumptions about consent 3. Freedom & capacity to consent 	<u>Sex and relationships</u> <ol style="list-style-type: none"> 1. Healthy relationships 2. Online sexual harassment 3. Dangers of pornography 4. Consent 5. Teen pregnancy
Term 6	<u>Community</u> <ol style="list-style-type: none"> 1. Refugees 2. Asylum seekers 3. Invisible disabilities 4. Autism 	<u>Sex and relationships continued</u> <ol style="list-style-type: none"> 1. HPV vaccinations & cervical cancer screening 2. STIs 3. Sexting 	<u>Drugs</u> <ol style="list-style-type: none"> 6. Attitudes to drugs 7. Alcohol & cannabis 8. Drugs & the law 9. Managing influence

Key Stage 4

	Y10	Y11
Term 1	<u>Mental health</u> <ol style="list-style-type: none"> 1. Transitions and mental health 2. Reframing negative thinking 3. Recognising mental ill health 4. Emotional wellbeing 5. Sleep and wellbeing 	<u>The next move life post Y11</u> <ol style="list-style-type: none"> 1. Work experience reflections 2. CV writing 3. Writing a personal statement 4. Preparing for interviews 5. Post-16 options
Term 2	<u>Personal finance</u> <ol style="list-style-type: none"> 5. Gambling 6. Debt 7. Homelessness 8. Tax 9. Insurance 10. Pensions 11. Pay slips 	<u>Keeping healthy & happy</u> <ol style="list-style-type: none"> 1. Organ donation 2. Fertility 3. Pregnancy options 4. Abortion 5. Self-examination for breast & testicular cancer 6. Skin cancer risks 7. Tattoos, piercing & body modifications
Term 3	<u>Drugs</u> <ol style="list-style-type: none"> 1. County lines 2. Substances & risk 3. Managing influence 4. Sources of support 5. Festival drugs 	<u>Sexual harassment & identities</u> <ol style="list-style-type: none"> 1. Harassment 2. Feminism 3. Intersectionality 4. Coercive control 5. Coping strategies for good mental health
Term 4	<u>Sex and relationships</u> <ol style="list-style-type: none"> 6. Consent 7. STIs 8. HIV 9. Forced marriage 10. Civil partnerships 	<u>Living in the wider world</u> <ol style="list-style-type: none"> 1. Voting 2. Fake news 3. Extremism

	<ul style="list-style-type: none"> 11. Parenting 12. Abuse 13. Stalking 14. Loss & bereavement 	
Term 5	<u>Families & extremism</u> <ul style="list-style-type: none"> 1. Forced marriage 2. Marriage & civil partnerships 3. Parenting 4. Fake news 	
Term 6	<u>Consent</u> <ul style="list-style-type: none"> 1. The role of intimacy & pleasure 2. The impact of pornography 3. Pressure, persuasion & coercion <u>Healthy lifestyles</u> <ul style="list-style-type: none"> 1. Healthy lifestyles for wellbeing (balancing revision, time online & physical exercise) 2. Identify potential barriers to making healthier choices and describe a range of strategies to reduce the impact of these 	