

Wellbeing Overview 2024-2025

	Year 7	Year 8	Year 9	Year 10	Year 11	LVI	UVI
Au 1	Introduction to Secondary School; Looking after your Wellbeing; Staying safe in London	Introduction to substances: Alcohol; Vaping; Drugs	Peer Influence; Substances	Positive Mental Health; Preparing for Challenges	Online Responsibility; Preparing a CV; Current Work & Volunteer Opportunities	Healthy Lifestyle; Mental Wellbeing	Drugs & Alcohol; Responsible Online Use; Health Self Checking
Au 2	Introduction to Careers; Online Safety	Rewarding Careers; Importance of Community	Preparing for the Future; GCSE options	Responsible Financial Management; Bespoke Career Planning	Preparing for the Future; A Level Options; Health & Safety	Time Management; Job Preparation; Work-Life Balance	Preparation for University; Safety when Travelling
Sp 1	Diversity & Inclusivity	Equality; Discrimination; Meaning of Success	Meaningful Relationships; Friendships & Intimate Relationships	Safety in Relationships; Impact of the Media on Relationships	Healthy Adult Relationships	Healthy Romantic Relationships; Diversity & Inclusion	Consent; Sexual Health, including Fertility & Pregnancy; Body Confidence
Sp 2	Building Relationships; Friendships & Families	Mental Wellbeing; Positive Coping Strategies	Healthy Lifestyles	Substance Use; Gangs and Criminal Activity	Independence; Mature & Challenging Choices	Introduction to University; Modern, Diverse World of Work	Financial Responsibility; First Aid for University and Travelling
Su 1	Puberty; Healthy Lifestyles	Self Identity; Relationships & Consent	Intimate Relationships; Emotional Wellbeing	Extremism; Illegal Online Behaviour	Preparing for the Future	Importance of a Variety of Relationships; Physical Health	Preparation for University
Su 2	Work-life Balance; Financial Decisions	Online Safety	Personal Skills for Careers	Empowering Careers		Staying Safe as an Adult	