

Continuum of Understanding and Confidence

0 1 2 3 4 5 6 7 8 9 10

Not Confident

Extremely Confident

Topic	Key Theme	Knowledge and Understanding of...	Start	End
Post 16 and Further Education	Careers Finance	The importance of lifelong learning		
		The difference and appropriateness of A Levels and BTECs depending on career path		
		The nuances of apprenticeships and University pathways		
		Where to find the information needed to support decision making		
Career and Future planning & CV writing	Careers Finance	Where to find information on		
		What to include in a CV and how to write it		
Careers for positive change	Careers Finance	What careers support the future of planet earth		
		How to increase your awareness of careers that have a positive influence on climate change		
Exam resilience	Healthy Active Lifestyles	What to do if you are feeling stressed		
		How to organise my time		
		How to create an exam revision timetable		
Teenage sex & Different types of contraception (Condom demo)	SRE Healthy Active Lifestyles Diversity and Inclusion	The law and sex		
		How and where to find reliable information on different types of contraception to ensure informed decisions regardless of sexual orientation		
		How to use a condom safely to ensure its effectiveness		
Social media concerns, sending nudes and revenge porn	SRE Healthy Active Lifestyles	What to do if asked to send nudes		
		How to report incidences that occur on social media		
		What to do if revenge porn is seen or threatened		
Keeping safe, emergency situations, key advice, first aid	Active Healthy Lifestyles Road Safety Behaviour for Learning	How to get help in different situations		
		How to help someone if they are hurt		
		How to keep yourself safe in dangerous situations		
Extremism and Terrorist Groups (PREVENT)	E-Safety Diversity and Inclusion FBV	The history of terrorism		
		The different types of terrorist incidents that have happened		
		The stereotypes surrounding religion and terrorism		
Political and Media Literacy (religion and current affairs)	FBV Diversity and Inclusion	Misinformation and its impact on truth		
		How to identify misleading information		
		How to fact check information		
Role of religious organisations in the fight for Human Rights and Forced Marriage	FBV Diversity and Inclusion	How different religions support and promote human rights		
		What human and civil rights mean to religion		
		The difference between forced marriage and arranged marriage		

		Which societies and religions promote forced marriage		
Sexual Harassment and Objectification	SRE Child on Child Abuse	What harassment, sexual harassment and objectification are		
		How harassment happens in person and on social media		
		How to tackle any form of harassment as a bystander		
		The actions you should take if you feel you are being harassed		
Relationships & LGBTQAI+	SRE Diversity and Inclusion FBV	Gender as a social construct		
		PRIDE: it's origins and importance in raising awareness in society of difference		
		Aggression within relationships		
Health Education – leading a healthy lifestyle as an adult	Healthy Active Lifestyles FBV SAD	What being healthy means as an adult		
		How to join sports groups and fitness centres and what to expect		
		How to plan healthy meals and budget		
Planning for GCSE success	Healthy Active Lifestyles	How to timetable your revision before your exam		
		Different revision techniques		
		Which revision techniques work best for you and how you learn		