

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
Reflection and Goal Setting	Behaviour for Learning	The importance of reviewing and reflecting		
		Setting goals for the year ahead that are SMART		
Personal Safety and Sexual Harassment	SRE Child on Child Abuse	The actions you should take in person and online to keep safe		
		What harassment is		
		How you may become a victim of it and what to do		
Prejudice and Discrimination	Diversity and Inclusion FBV Child on Child Abuse	The importance of tolerance and understanding		
		The importance of equality		
Disability	Diversity and Inclusion FBV	Different types of disability		
		How to support others		
Healthy Lifestyle	Healthy Active Lifestyles	What constitutes a healthy lifestyle		
		How to achieve mental, physical and social balance		
First Aid	Healthy Active Lifestyles Road Safety	The importance of first aid		
		How to administer first aid		
Drugs and Medicine	SAD Healthy Active Lifestyles	The differences and similarities between a drug and a medicine		
		The law and drugs		
Drugs and the law	SAD	How illegal drugs affect our society		
		What we can do to reduce their impact		
Smoking	SAD Healthy Active Lifestyles	What people choose to smoke		
		The health implications of smoking		
Media Literacy	E-Safety Behaviour for Learning	The impact media has on our views of the world and ourselves		
		How to fact check information and posts viewed online		
Conspiracy Theories	E-Safety Behaviour for Learning	What a conspiracy theory is		
		How it affects our views and opinions		
Online Stress and FOMO	Healthy Active Lifestyles Diversity and Inclusion	The impact of using social media on our mental health		
		How to reduce the stress caused by being online		
Relationships	SRE Behaviour for Learning	What behaviours are part of a healthy relationship		
		The impact of gender stereotypes on relationships		
Love and Relationships (Sexting)	SRE Behaviour for Learning Child on Child Abuse	What is sexualised behaviour and how you may experience it		
		What to do if you or someone you know is subjected to sexualised bullying		

Sexual Harassment and Objectification	SRE Behaviour for Learning Child on Child Abuse	What harassment is		
		How it is depicted in society		
		What to do if you witness or are subjected to it		
Safe Sex	SRE Behaviour for Learning	What happens at conception		
		How contraception is used to prevent pregnancy		
Finances	Finance Careers	What money is used to pay for		
		How to create a budget and stick to it		
		Why tax is paid and its impact on society		
Gambling	Behaviour for Learning Healthy Active Lifestyles	The different types of gambling		
		The impact it has on families		
Environment and Climate Change	Diversity and Inclusion Behaviour for Learning	Sustainability and its importance for the world's future		
		How small changes in our behaviours can have a big impact		