A spiralled curriculum

RELATIONSHIPS	Y7: trust, friendship, bullying & conflict	Y8: healthy relationships, families & red flags	Y9: online and sexual relationships consent & exploitation	Y10: values, emotional abuse, online culture & consent	Y11: sexual offences, porn, victim blaming & forced marriage
HEALTH & WELLBEING	Y7: emotions, puberty, health choices & addiction	Y8: social media, mental health, drugs & alcohol	Y9: expectations, stigma, coping, self-harm & support	Y10: warning signs, health services, sexual health & substances	Y11: exams, transition, emotions, money & gambling
KEEPING SAFE	Y7: harmful behaviour, crime & reporting concerns	Y8: emergencies, street safety, gangs & county lines	Y9: knife safety & exploitation	Y10: risk, substances, extremism & public order	Y11: preparing for independence after school
LAW, CITIZENSHIP & DEMOCRACY	Y7: protected characteristics, hate crime & local government	Y8: drug law, anti-social behaviour & intimidation	Y9: political parties, elections & government	Y10: extremism, protest, public order & freedom/law	Y11: informed choices and next steps
CAREERS, MONEY & FUTURES	Y7: subjects, employability & local government	Y8: self-awareness , skills & job families	Y9: options, stereotyping, ambitions & AI	Y10: employability, finance & money matters	Y11: CVs, colleges, applications & post-16 choices