

Big Ideas: EFL

Relationship and Sex Education



Living the Wider World



Health and Wellbeing



Embedded across topic areas

Staying safe and knowing where to seek help or support



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Relationships and Sex Education

Attraction to others; romantic relationships; civil partnership and marriage

Recognising and managing pressure; consent in different situations

Expressing opinions and respecting other points of view, including discussing topical issues

Living in the Wider World

Valuing diversity; challenging discrimination and stereotypes

Evaluating media sources; sharing things online

Influences and attitudes to money; money and financial risks

Health and Wellbeing

What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online.

Human reproduction and birth; increasing independence; managing transition.

Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media

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Relationships and Sex Education

Different types of relationships (on and offline)
Friendships, bullying, LGBTQ+, romantic feelings and families

Living in the Wider World

Identity, Stereotypes and Discrimination
racism, religious discrimination, disability, sexism, gender and teenagers.

Looking after the world around us

Environment, pollution and protecting animal rights.

Needs and wants, shopping ethically (Finance link)

Health and Wellbeing

Making healthy choices and if not, understanding the consequences
Diet, exercise, smoking, vaping and alcohol.

Strategies to deal with life challenges
Physical and emotional changes during puberty. Depression, mindfulness and managing anxiety.

Skills to achieve
Developing interpersonal skills and self-confidence to boost achievement.

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Relationships and Sex Education

Choices and dangers in relationships
Consent, 'sexting', conflict, domestic violence, same sex relationships, gender and identity. Discuss Peer on Peer abuse

Living in the Wider World

Financial decision making
Budgeting, saving, income and expenditure.

Developing respect for beliefs and opinions and advocacy skills
Promoting diversity and equality. Challenge stereotypes, prejudice and discrimination

Looking after the world around us
Charities, aid, human trafficking, sustainability and carbon footprint

Online safety
Keeping accounts safe, grooming and cyber-crime.

Health and Wellbeing

Making healthy choices and strategies to deal with life challenges. If not, understanding the consequences
Drugs, dangers of self-harm, eating disorders. More resilient and managing anger, stress and social anxiety, plus basic first aid training

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Relationships and Sex Education

Intimate relationships
Peer pressures, contraception, the risks of STIs, attitudes to pornography, healthy and unhealthy relationships, CSE.

Living in the Wider World

Financial decision making
Accounts, savings loans and financial institutes, avoiding debt, NI and Tax and the aid of apps.

Discrimination and Diversity (Freedom Writers film)
Cultural diversity and discrimination

Behaviour in society
Anti-social behaviour, laws on young offenders, crime, gangs and county lines, knife crime.

Health and Wellbeing

Making Healthy Choices and Saving Lives

Drugs, alcohol, vaccinations, tattoos and piercing, and CPR

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Relationships and Sex Education

Healthy and unhealthy relationships
Pornography on behaviour, laws on harassment and stalking, forced marriages.

Living in the Wider World

Prevent
Addressing extremism and radicalisation (including RS focus)

Behaviour in society and online
Gangs and county lines, knife crime, fake news, cybercrime, online fraud and money laundering

Understanding Islam
Understanding the Muslim faith (including RS focus)

Health and Wellbeing

Making healthy choices and strategies to deal with life challenges

Binge drinking, gambling, online gaming, bereavement, homelessness.

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Relationships and Sex Education

Communication in Relationships
Personal values, assertive communication (including contraception and sexual health), relationship challenges including endings.

Developing empathy and compassion and seeking support
Families and parenting, Fertility/adoption/abortion, Managing loss

Living in the Wider World

Develop understand of self-worth in the wider world
Different careers pathways, managing transition, aligning goals with actions

Human Rights and International Law
Link to the Families unit in Relationships (including RS focus)

Health and Wellbeing

Developing Resilience and risk management
Money management. Fraud and cybercrime, preparing of adult life

Develop confidence, agency and support seeking skills
Making healthy lifestyle choices, health promotion and self-examination
Organ donation

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Relationships and Sex Education

Healthy relationships
Understand the difference between 'love' and 'lust'

Relationships in the workplace and the boundaries around professional relationships

Evaluate different degrees of emotional intimacy in relationships, respect and, if appropriate, challenge the ways different faith or cultural views influence

Living in the Wider World

Finance Decision Making
Plan for expenditure and budget for changes in circumstances (e.g. when moving out or going to university).

Understand and manage salary deductions including taxation, national insurance and pension.

Evaluate savings options, to exercise consumer rights, including resolving disputes and accessing appropriate support.

Health and Wellbeing

Safety
Travelling UK and abroad, including passport, visa and insurance requirement. Cycle safety, young driver safety, passenger safety, using licensed taxis and getting home safely

Health
To recognise illnesses that particularly affect young adults, such as meningitis and 'freshers' flu'.

Diet
How to maintain a healthy diet, especially on a budget