



# Life Programme Journey Map at Wilmington Grammar School for Boys

Year 7-9 receive timetabled fortnightly lessons. Year 7-11 have one Drop Down session per term.

(Careers Curriculum is in a separate Journey Map)

Ready for your post-16 education / career

Term	Topic
1	<b>Introduction to RSE</b> —gender identity, different types of relationships and how to establish and maintain healthy relationships.
2	<b>Legal and Illegal substances and the law</b> —introduction to cannabis and alcohol with an educational performance from the Daniel Spargo-Mabbs Foundation.
3	<b>Citizenship</b> —students will build upon their knowledge of British Values, which WGSB's PRIDE values are based on, and consider crime and society.
4	<b>Citizenship and Equality</b> —specifically on charity at both a local and national level.
5	<b>Internet safety</b> —the media and positive body image, considering the effects on mental and physical health.

Year 8

Term	Topic
1	<b>RSE continued</b> —healthy adult relationships and the different types of families.
3	<b>Adult Physical and Mental Health</b>
5	<b>Building for the Future</b> —post-16 life, career and / or education.

Year 11

Year 7

Term	Topic
1 and 2	<b>Transition to Secondary</b> — how to conduct themselves at a secondary level, embed routines, practice self-discipline whilst also considering, trust and community, self-control and rules and expectations.
3	<b>Staying safe online and offline</b> —with a specific focus on the benefits and dangers of social media.
4	<b>Citizenship</b> —specifically how to be a good citizen and understanding and practicing the British Values and our School PRIDE values. Students will gain an understanding of Britain's political system and the function of parliament.
5	<b>Equality in Careers and Education</b> —The timetabled lessons will compliment the Careers Focus for the Drop Down session.
6	<b>Puberty</b> —ensuring students understand how to lead a healthy lifestyle and understand the physical changes they will be experiencing.

Year 9

Term	Topic
1	<b>Illegal substances</b> —includes Volatile Substance Abuse and a contrasting Drop Down session on healthy lifestyles.
2	<b>Consent and intimate and safe relationships</b> —the impact of the media and the internet on relationships.
4	<b>Global Citizenship</b> — human rights in the UK and across the world.
5	<b>Introduction to Extremism and Terrorism</b> —both left and right wing, against the background of British Values.
6	<b>Basic First Aid</b> —students understand how to safely conduct themselves inside and outside of school and the workplace.

Year 10

Term	Topic
2	<b>RSE continued</b> —healthy and safe intimate relationships and the negative effects the media and online content can have.
3	<b>Knife Crime and Gang Culture in the UK</b> —helping students make safe and healthy choices as they mature.
5	<b>Legal and Illegal Substances</b> —specific focus on equality and the community.
6	<b>Extremism and Terrorism</b> —both left and right wing, against the background of British Values.

Welcome to the start of your secondary school Life Programme journey...

