THE HIGHCREST ACADEMY

Year 13 Life Lesson Overview

AUTUMN TERM 1 – LIVING IN THE WIDER WORLD				
DATE	**TOPIC**	**WHAT WILL STUDENTS LEARN?**	**RESOURCE LINKS**	**TEACHER PLANNING**
7 September	**Next steps** • Application processes • Future opportunities and career development • Applying for different roles • Interview skills • Maintaining a positive professional identity PoS refs: L3, L4, L5, L6, L20, L21, L22,L23, H1	• HOL Choice	www.ucas.com www.unifrog.org.uk www.linkedin.com Environment agency — Getting started in the Workplace PSHE Association — Navigating work, study and careers Financial literacy and inclusion campaign (FLIC)	
21 September		• how to evaluate strengths, skills and interests in relation to future opportunities and career development • how to identify appropriate 'next steps' post-18, such as higher education, further training or apprenticeships		
5 October		• about application processes, including how to write a concise and compelling personal statement, effectively refine a CV and prepare for interviews • how to build and maintain a positive professional identity and online presence		
19 October		• that creating and sharing content online can contribute to, or challenge, a positive online presence • how to effectively challenge		

		online content that adversely affects personal or professional reputation • how social media can expand, limit or distort perspectives		

AUTUMN TERM 2 – HEALTH & WELLBEING				
DATE	**TOPIC**	**WHAT WILL STUDENTS LEARN?**	**RESOURCE LINKS**	**TEACHER PLANNING**
9 November	**Independence** • Responsible health choices • Managing change • Health and wellbeing including sexual health, into adulthood PoS refs: H8, H9, H10, H11, H12, H18,H19, H20, R19, R20	• Anti bullying week	AYPH — A fair and equal opportunity to be healthy Orchid— What is testicular cancer? Canesten — The Truth Undressed Personal health and illness prevention	
23 November		UK Parliament week/Mock Exams • How does Parliament work and what do MP's and the House or lords do?		
7 December		• skills to improve adaptability and resilience during periods of change and strategies to manage change • about the importance of monitoring personal health and wellbeing		

SPRING TERM 1 – RELATIONSHIPS				
DATE	**TOPIC**	**WHAT WILL STUDENTS LEARN?**	**RESOURCE LINKS**	**TEACHER PLANNING**
4 January	**Intimate relationships** • Personal values, including in relationto contraception and sexual	• how to assertively communicate relationship expectations • how to recognise manipulation and coercion, how to seek and assertively give, not give, or withdraw consent	Fertility and pregnancy choices NCA-CEOP Education — Online blackmail Consent video	
18 January		• how to effectively evaluate		

	health • Fertility • Pregnancy PoS refs: R11, R12, R14, R15, R16, R17, R18	and use the most appropriate methods of contraception in different circumstances(including emergency contraception) and communicate about use with a sexual partner	Consent Modern Families	
1 February		• about sexual health services, locally, nationally and online, and how to access and use them • to recognise how fertility changes over time and evaluate the implications of this		

SPRING TERM 2 – LIVING IN THE WIDER WORLD				
DATE	**TOPIC**	**WHAT WILL STUDENTS LEARN?**	**RESOURCE LINKS**	**TEACHER PLANNING**
22 February	**Financial choices** • Managing money • Financial contracts • Budgeting • Saving • Debt • Influences on financial choices PoS refs: L13, L14, L15, L16, L17, L18,L19, L24, H1	• how to effectively plan expenditure and budget for changes in circumstances (e.g. when moving out or going to university) • about salary deductions, including taxation, national insurance, student loan repayments and pensions, and howto manage these • how to evaluate savings options • about consumer rights, how to resolve disputes and access support	Financial literacy and inclusion campaign (FLIC)	
8 March		• how to manage financial contracts, including mobile phone services and renting items and accommodation, andidentify appropriate advice		

		• how to evaluate the potential gains and risks of different debt arrangements and repayment implications • about the risks involved in different financial ventures, including illegal schemes (e.g. illegal money transfers) • how to critically assess different media sources • how to critically evaluate online content and recognise propaganda, manipulation, biased or misleading information		
22 March		•		

SUMMER TERM 1 – RELATIONSHIPS				
DATE	**TOPIC**	**WHAT WILL STUDENTS LEARN?**	**RESOURCE LINKS**	**TEACHER PLANNING**
19 April	**Building and maintaining relationships** • New friendships and relationships, including in the workplace • Personal safety • Intimacy • Conflict resolution • Relationship changes PoS refs: H1, R4, R5, R6, R7, R8, R9,R10, R23	• how to manage mature friendships, including making friends in new places • strategies to confidently manage transitional life phases, such as leaving school, or leaving home for the first time • about personal safety in new relationships, including online	Thames Valley Police – Tackling violence Against Women and Girls Gov.uk resources	
17 May		• about professional relationships, how to build meaningful relationships in the workplace and establish and respect boundaries • how to manage strong emotions,		

		communicate constructively and negotiate difficulties • strategies to recognise, de-escalate and exit aggressive social situations		