

**Becoming Independent:** Balancing part time work and studies, healthy relationships and consent. **ASPIRE**

**Politics and the Wider World:** democracy in the UK, leadership structures, styles and skills **SMSC**

**Physical Health:** health eating, cancer screening, meningitis **RSHE**

**Finance:** managing a budget, banks, pay checks, taxes, national insurance, payday loans **Community**

**Taking Risks:** sexual health, contraception, drugs and alcohol **RSHE**

**Prejudice and Discrimination:** Protected characteristics, challenging discrimination **SMSC**

**Emotional Health and Resilience:** managing stress, anxiety, depression and body image. **RSHE**

**Mental Wellbeing:** recognising signs of mental health, stress and strategies to support **RSHE**

**Living Independently:** enrolling in health care, managing personal safety, travelling abroad **Community**

**Staying Safe:** pregnancy, miscarriage, fertility, sexual health and domestic abuse **RSHE**

# ABSolute

Becoming Young Adults in Society

**RSHE**  
Relationships, Sex, Health Education

**SMSC**  
Spiritual, Moral, Social, Cultural

**Community**  
Becoming Young Adults in Society