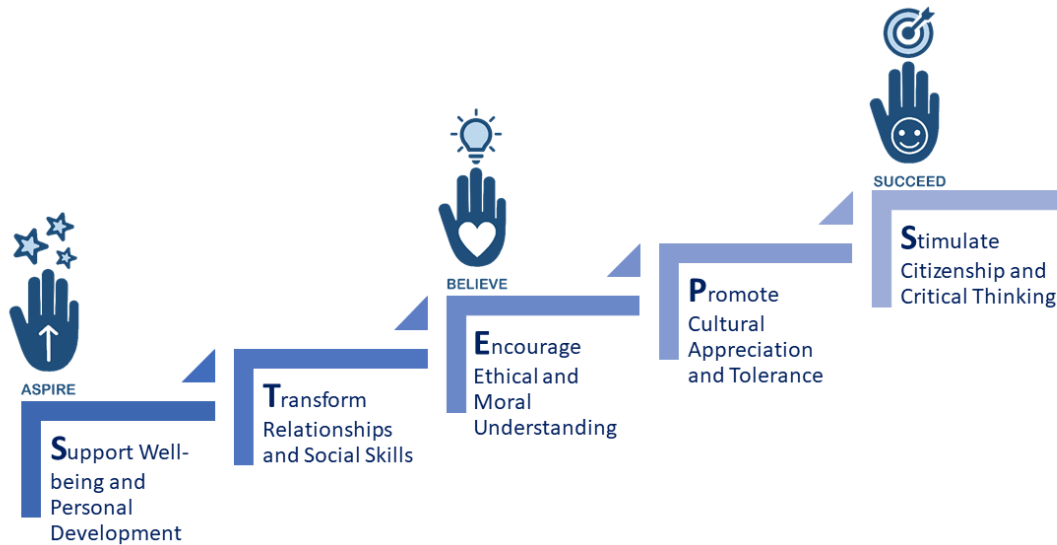


The key aims of the ABSolute Curriculum are known as the 'Five Steps to Success'.

Five Steps to Success



1. **S** - Support well-being and personal development: Promote students' overall well-being, including their emotional, mental, and physical health, while nurturing their personal growth and self-awareness.
2. **T** – Transform relationships and social skills: Develop students' ability to form and maintain positive relationships, fostering empathy, respect, effective communication, and social cooperation.
3. **E** - Encourage ethical and moral understanding: Cultivate students' understanding of ethical principles and moral decision-making, encouraging them to consider the consequences of their actions and develop a strong moral compass.
4. **P** - Promote cultural appreciation and tolerance: Foster an appreciation of cultural diversity, promoting respect, understanding, and tolerance for different beliefs, cultures, and backgrounds.
5. **S** - Stimulate citizenship and critical thinking: Equip students with the skills to engage as responsible citizens, encouraging critical thinking, independent thought, and the ability to navigate societal challenges with a sense of social responsibility.

	Term	Indicative Content	Term	Indicative Content
Year 7	Term 1	<p>Risk and Safety S1: Why are friends important? (1) S2: Why are friends important? (2) S3: Anti-bullying (1) S4: Anti-bullying (2)</p> <p>Growing Up S5: What is puberty?</p> <p>Careers S6: Careers Session (S. Ruddy)</p>	Term 4	<p>Emotional Wellbeing and Mental Wellbeing S1: What are 'emotional wellbeing' and 'mental wellbeing'? S2: What is Resilience? S3: Feelings and how to manage them</p> <p>Communities S4: Understanding our communities S5: How do I feel about difference?</p> <p>Careers S6: Careers Session (S. Ruddy)</p>
	Term 2	<p>Growing Up S1: Puberty Key Questions S2: Mental wellbeing S3: Dealing with worries S4: Female Genital Mutilation (FGM) (1) S5: Female Genital Mutilation (FGM) (2) S6: Personal Hygiene</p> <p>Careers S7: Careers Session (S. Ruddy)</p>	Term 5	<p>Money and Me S1: How do I save and how do I budget? S2: What influences our spending?</p> <p>E-Safety S3: Introduction to E-safety S4: E-Safety Assembly (Police) S5: Being Careful on social media (1)</p> <p>Careers S6: Careers Session (S. Ruddy)</p>
	Term 3	<p>Growing Up S1: Why am I feeling like this?</p> <p>Identity S2: Who am I?</p> <p>Relationships S3: What are the different types of relationships?</p> <p>Risk and safety S4: What do we mean by 'risk'?</p> <p>Careers S5: Careers Session (S. Ruddy)</p>	Term 6	<p>E-Safety S1: Being careful on social media (2) S2: Online Gaming S3: E-Safety summary – what did you learn?</p> <p>Identity S4: What does 'family' mean? S5: How can I contribute to family life?</p> <p>Healthy Lifestyle S6: What do I need to keep healthy?</p> <p>Careers S7: Careers Session (S. Ruddy)</p>

	Term	Indicative Content	Term	Indicative Content
Year 8	Term 1	<p>Healthy Lifestyle S1: Healthy Eating (1) (note they did this in Y7 22-23) S2: Healthy Eating (2) (note they did this in Y7 22-23) S3: Energy Drinks (note they did this in Y7 22-23) S4: Exercise (note they did this in Y7 22-23) Emotional Wellbeing and Mental Wellbeing S5: What impacts our mental wellbeing? Careers S6: Careers Session (S. Ruty)</p> <p>2023-24 ONLY: Identity "Mental health: talking about our emotions Y8 UNIFROG " Self-esteem and confidence Y8 UNIFROG S4: What does 'family' mean? S5: How can I contribute to family life?</p>	Term 4	<p>Alcohol, Tobacco and other Drugs S1: Drugs- an introduction (1) S2: Drugs- an introduction (2) S3: Drugs and the law (1) S4: Drugs and the law (2) S5: Alcohol Careers S6: Careers Session (S. Ruty)</p>
	Term 2	<p>Body Image S1: Negative and Positive Self Talk S2: How can negative body image affect us? Emotional Wellbeing and Mental Wellbeing S3: How do I cope with loss and bereavement? S4: Recognising the signs of poor mental health S5: Who can help? – support services S6: Ways to look after emotional wellbeing Careers S7: Careers Session (S. Ruty)</p>	Term 5	<p>Alcohol, Tobacco and other Drugs S1: Smoking S2: Vaping Relationships S3: What is a healthy relationship? S4: Communication skills (1) S5: Communication skills (2) Careers S6: Careers Session (S. Ruty)</p>
	Term 3	<p>Money and Me S1: How enterprising am I? (1) S2: How enterprising am I? (2) Identity S3: Stereotypes S4: Faith and Values Careers S5: Careers Session (S. Ruty)</p>	Term 6	<p>Sex, Sexuality and Sexual Health S1: Choices around sex S2: Sex and the law S3: Conception, pregnancy and birth (1) S4: Conception, pregnancy and birth (2) Communities S5: How can we value each other? S6: What makes a successful community?</p>

				Careers S7: Careers Session (S. Rutty)
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Year 9	Term	Indicative Content	Term	Indicative Content
	Term 1	Communities S1: What can cause problems in communities? (NOTE Y8 2022-23) S2: Hate Crime and Radicalisation (1) (NOTE Y8 2022-23) S3: Hate Crime and Radicalisation (2) (NOTE Y8 2022-23) Mindset S4: Growth Mindset/resilience (1) S5: Growth Mindset/resilience (2) Careers S6: Careers Session (S. Rutty)	Term 4	Communities S1: What do voluntary agencies do? S2: How can we challenge prejudice and discrimination? Identity S3: Gender Identity (adapting Y8 2022-23 version anyway) S4: How am I doing? S5: What are my rights and responsibilities? Careers S6: Careers Session (S. Rutty)
	Term 2	Relationships S1: Is commitment important in relationships? (1) S2: Is commitment important in relationships? (2) S3: Abuse in Relationships Healthy Lifestyle S4: Things that support our health (1) S5: Things that support our health (2) S6: When health goes wrong Careers S7: Careers Session (S. Rutty)	Term 5	Sex, Sexuality and Sexual Health S1: Pornography and sexting S2: What is contraception? S3: What are STIs? (1) S4: What are STIs? (2) Alcohol, tobacco and other drugs S5: Impact of drug taking Careers S6: Careers Session (S. Rutty)
	Term 3	Risk and Safety S1: How do we manage risky situations? S2: Being assertive and dealing with pressure S3: Gambling Communities S4: How can I contribute to my community? Careers S5: Careers Session (S. Rutty)	Term 6	Alcohol, tobacco and other drugs S1: How do I manage situations involving drugs? (1) S2: How do I manage situations involving drugs? (2) Risk and safety S3: Gangs and knife crime S4: First aid and CPR (1) S5: First aid and CPR (2) S6: Who can help? Careers S7: Careers Session (S. Rutty)

	Term	Indicative Content	Term	Indicative Content
Year 10	Term 1	<p>Sex, sexuality and sexual health Session 5/6: Sexual health x2</p> <p>Relationships S1: Relating to others S2: Skills for successful relationships S3: Parenting skills and family life (1) S4: Parenting skills and family life (2)</p> <p>Healthy Lifestyle S5: Influences on health</p> <p>Careers S6: Careers Session (S. Rutty)</p>	Term 4	<p>Identity S1: Individual, family and community values S2: Diverse and conflicting values S3: Gender identity and transgender</p> <p>Healthy Lifestyle S4: Planning healthy meals and being active S5: Being health aware</p> <p>Careers S6: Careers Session (S. Rutty)</p>
	Term 2	<p>Finance (note they did this in Y9 22-23) S1: Budgeting S2: Responsible consumerism S3: Ethical consumerism S4: Consumerism and giving S5: Credit and debt S6: Money Stresses and pressure</p> <p>Careers S7: Careers Session (S. Rutty)</p>	Term 5	<p>Communities S1: Discrimination through invisibility S2: Challenging discrimination S3: Democracy and voting</p> <p>Alcohol, tobacco and other drugs S4: Drugs S5: Alcohol</p> <p>Careers S6: Careers Session (S. Rutty)</p>
	Term 3	<p>Sex, Sexuality and Sexual Health S1: Pornography</p> <p>Emotional wellbeing and mental wellbeing S2: Pressures and influences S3: Emotional wellbeing S4: Bereavement</p> <p>Careers S5: Careers Session (S. Rutty)</p>	Term 6	<p>Risk and Safety S1: The teenage brain S2: Rights and responsibilities online S3: When things go wrong online S4: Gangs and knife crime</p> <p>Communities S5: Living in Britain S6: The Equality Act and hate crimes</p> <p>Careers S7: Careers Session (S. Rutty)</p>

	Term	Indicative Content	Term	Indicative Content
Year 11	Term 1	Sex, sexuality and sexual health S1: Consent S2: Sexual Relationships S3: Pregnancy Choices Alcohol, Tobacco and other drugs S4: Addiction and dependency Emotional Wellbeing and Mental Wellbeing S5: Dealing with stress Careers S6: Careers Session (S. Ruddy)	Term 4	GCSE PREPARATION PROGRAMME
	Term 2	Relationships: S1: Exploitation and abuse in relationships (1) S2: Exploitation and abuse in relationships (2) S3: Help and support for relationships (1) S4: Help and support for relationships (2) Emotional wellbeing and mental health S5: Facing Challenges S6: Work-life balance Careers S7: Careers Session (S. Ruddy)	Term 5	GCSE PREPARATION PROGRAMME
	Term 3	GCSE PREPARATION PROGRAMME	Term 6	GCSE PREPARATION PROGRAMME

RSE Guidance Breakdown

Theme	Details
Respectful Relationships: Families	<ul style="list-style-type: none"> • R1 that there are different types of committed, stable relationships. • R2 how these relationships might contribute to human happiness and their importance for bringing up children. • R3 what marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony. • R4 why marriage is an important relationship choice for many couples and why it must be freely entered into. • R5 the characteristics and legal status of other types of long-term relationships. • R6 the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. • R7 how to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others’ relationships); and, how to seek help or advice, including reporting concerns about others, if needed.
Respectful Relationships: Friendships	<ul style="list-style-type: none"> • R8 the characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship. • R9 practical steps they can take in a range of different contexts to improve or support respectful relationships. • R10 how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice). • R11 that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people’s beliefs. • R12 about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help. • R13 that some types of behaviour within relationships are criminal, including violent behaviour and coercive control. • R14 what constitutes sexual harassment and sexual violence and why these are always unacceptable. • R15 the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.
Online and media	<ul style="list-style-type: none"> • O1 their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online. • O2 about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online. • O3 not to provide material to others that they would not want shared further and not to share personal material which is sent to them. • O4 what to do and where to get support to report material or manage issues online • O5 the impact of viewing harmful content. • O6 that specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners. • O7 that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail. • O8 how information and data is generated, collected, shared and used online.

<p>Being Safe</p>	<ul style="list-style-type: none"> • B1 the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships. • B2 how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online).
<p>Intimate and Sexual Relationships inc. Sexual health, consent.</p>	<ul style="list-style-type: none"> • i1 how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship. • i2 that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing. • i3 the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause. • i4 that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others. • i5 that they have a choice to delay sex or to enjoy intimacy without sex. • i6 the facts about the full range of contraceptive choices, efficacy and options available. • i7 the facts around pregnancy including miscarriage. • i8 that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help). • i9 how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing. • i10 about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment. • i11 how the use of alcohol and drugs can lead to risky sexual behaviour. • i12 how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.
<p>Mental Wellbeing</p>	<ul style="list-style-type: none"> • M1 how to talk about their emotions accurately and sensitively, using appropriate vocabulary. • M2 that happiness is linked to being connected to others. • M3 how to recognise the early signs of mental wellbeing concerns. • M4 common types of mental ill health (e.g. anxiety and depression). • M5 how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health. • M6 the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.
<p>Internet safety and harms</p>	<p>The similarities and differences between the online world and the physical world, including:</p> <ul style="list-style-type: none"> • S1 the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), • S2 how people may curate a specific image of their life online, • S3 over-reliance on online relationships including social media, • S4 the risks related to online gambling including the accumulation of debt, • S5 how advertising and information is targeted at them and how to be a discerning consumer of information online. • S6 How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours

Healthy Eating	<ul style="list-style-type: none"> • H1 How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.
Physical health and fitness	<ul style="list-style-type: none"> • P1 the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress. • P2 the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health. • P3 about the science relating to blood, organ and stem cell donation
Drugs, Alcohol and Tobacco	<ul style="list-style-type: none"> • D1 the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions. • D2 the law relating to the supply and possession of illegal substances. • D3 the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood. • D4 the physical and psychological consequences of addiction, including alcohol dependency. • D5 awareness of the dangers of drugs which are prescribed but still present serious health risks. • D6 the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.
Health and prevention	<ul style="list-style-type: none"> • PR1 about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics. • PR2 about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist. • PR3 (late secondary) the benefits of regular self-examination and screening. • PR4 the facts and science relating to immunisation and vaccination. • PR5 the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn
Basic first aid	<ul style="list-style-type: none"> • BA1 Basic treatment for common injuries. • BA2 life-saving skills, including how to administer CPR.15 • BA3 the purpose of defibrillators and when one might be needed.
Changing adolescent body	<ul style="list-style-type: none"> • C1 key facts about puberty, the changing adolescent body and menstrual wellbeing. • C2 the main changes which take place in males and females, and the implications for emotional and physical health.

British Values

- **BV1** Individual liberty
- **BV2** Mutual respect
- **BV3** Tolerance
- **BV4** Democracy
- **BV5** The rule of law

SMSC

- **SMSC 1** Spiritual
- **SMSC 2** Moral
- **SMSC 3** Social
- **SMSC 4** Cultural