



# STEP UP 4 LIFE CURRICULUM PLAN OVERVIEW

## Year 12

The SU4L Programme is a Character Education based PSHE Programme of Study which will be delivered over two years. By the end of KS5 pupils will have met the following broad learning outcomes (in line with the DfE recommendations for PSHE/Citizenship and the statutory requirements of the Relationship and Sex Education Policy 2020). Six core themes will form the focus for each SU4L Day within each year group.

#StepUp4Life

### SAFETY FIRST 4 LIFE

- Online Safety: Financial security and Scams
- Online Safety: Social networking/Protecting your online identity
- Being safety aware: Travel safely in the UK and abroad: alone; by road; rail; at night (including the safe use of 'hired transport' such as taxis)
- Sharing of nudes and semi-nudes



### CITIZENSHIP 4 LIFE

- Exploring the Media as a propaganda
- Challenging Discrimination: Hate Crimes
- Understand and manage taxation and national insurance
- Understanding your rights as a Consumer.

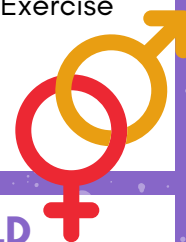
### CHARACTER DEVELOPMENT 4 LIFE

- Nurturing Curiosity
- Nurturing Resilience
- Dealing with stress /exploring mindfulness techniques
- Making Learning Stick



### HEALTH AND WELL BEING 4 LIFE

- Taking Care of your sexual health: Exploring STI's and Contraception
- You and Your Emotions: Taking care of your mental health: Stress Management
- You and Your Body: Taking care of your physical health: Healthy Diet and Exercise
- Healthy relationships.
- Honour based violence
- Sexual Violence and Harassment



### SMSC AWARENESS 4 LIFE

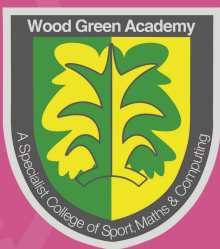
- Celebrating Diversity Day



### PREPARING 4 LIFE IN THE WIDER WORLD

- Higher education options and training, including apprenticeships
- UCAS Applications/Exploring HE
- You and Your Finances
- Money Choices and Mental Wellbeing





# STEP UP 4 LIFE CURRICULUM PLAN OVERVIEW

## Year 13

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### SAFETY FIRST 4 LIFE

- Drug and Alcohol Abuse
- British Red Cross First Aid Skills
- Keeping Your-self -dangers of extremist content
- Sexual Violence and serious violence



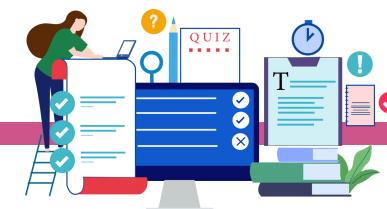
### CITIZENSHIP 4 LIFE

- British Values: You and the Criminal Justice System
- Modern Day Slavery /Trafficking



### CHARACTER DEVELOPMENT 4 LIFE

- Dealing with stress /exploring mindfulness techniques
- Preparing for Mocks/ revision



### HEALTH AND WELL BEING 4 LIFE

- Exploring 'enhancement' or 'alteration' including cosmetic procedures and surgery, tattoos, body piercing and dietary supplements.
- Exploring common mental health issues such as anxiety, depression, disordered eating, self-harm and compulsive behaviours
- Exploring 'work life balance' including understanding the importance of continuing with regular exercise and sleep

### SMSC AWARENESS 4 LIFE

- Celebrating Diversity Day



### PREPARING 4 LIFE IN THE WIDER WORLD

- Exploring WEX
- UCAS applications/Personal Statement

