

Life Skills Beyond the Classroom Curriculum



Carnforth
High School

Year 7

Week	Lesson Topic	Book	Pages	✓
1	What is Life?			
2	Personal Beliefs	Your Choice – Book 1	6-7	
3	Personal Skills	Your Choice – Book 1	8-11	
4	Human Rights	Your Choice – Book 2	88-89	
5	Water safety			
6	How do I manage my time?	Your Choice – Book 1	86-87	
7	How do I manage my sleep?	Your Choice – Book 1	74-75	
8	How do I manage my diet?	Your Choice – Book 1	68-69	
9	How do I manage diet & exercise?	Your Choice – Book 1	70-73	
10	How do I manage my feelings?	Your Choice – Book 1	76-77	
11	How do I manage my money?	Your Choice – Book 1	82-83	
13	How do I manage relationships?	Your Choice – Book 1	26-17	
14	What is a good friendship?	Your Choice – Book 1	30-31	
15	Online safety	Your Choice – Book 1	50-51	
16	Social media – the pros and cons	Your Choice – Book 1	54-55	
17	Bullying or Banter?	Your Choice – Book 1	46-49	
18	Cyberbullying	Your Choice – Book 1	52-53	
19	Peer Pressure	Your Choice – Book 3	6-7	
20	Online Bullying			
21	Peer on Peer Abuse	Your Choice – Book 3	72-73	
22	Puberty			
24	Puberty & me	Your Choice – Book 1	14-15	
25	Puberty & periods	Your Choice – Book 1	16-17	
26	Identity & Diversity			
27	Immigration			
28	Diversity & Extremism	Your Choice – Book 3	62-63	
29	Relationships – starting with me			
30	Consent	Your Choice – Book 1	42-43	
31	Human Reproduction & sex			
32	Attraction & crushes			
33	FGM & forced marriage	Your Choice – Book 3	24-25	
34	Smoking & Vaping	Your Choice – Book 1	60-63	
35	Alcohol	Your Choice – Book 2	48-51	
36	Cannabis	Your Choice – Book 2	40-41	
37	Nitrous Oxide	Your Choice – Book 2	42-43	
38	Driving & Road Awareness			
39	Growth Mindset			

Instructions

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- Read the information in the pages and **write a short summary about the topic** in your own words
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Year 8

Week	Lesson Topic	Book	Pages	✓
1	Actions have consequences			
2	P&D – Religion	Your Choice – Book 2	36-37	
3	P&D – Disability	Your Choice – Book 2	94-95	
4	P&D – Difference	Your Choice – Book 2	38-39	
5	Being an active bystander	Your Choice – Book 2	82-83	
6	Police & Emergency Services	Your Choice – Book 2	84-85	
7	Courts			
8	Prisons			
9	Online safety	Your Choice – Book 3	64-65	
10	Online Propaganda	Your Choice – Book 3	60-61	
11	Should I watch that			
13	Live Streaming & Gaming	Your Choice – Book 1	88-89	
14	Drugs & Caffeine	Your Choice – Book 1	64-65	
15	Drugs & Nicotine	Your Choice – Book 1	66-67	
16	Saving & Borrowing	Your Choice – Book 2	80-81	
17	What's it worth	Your Choice – Book 2	78-79	
18	Fraud	Your Choice – Book 3	84-85	
19	Budgeting	Your Choice – Book 1	84-85	
20	Consent	Your Choice – Book 2	18-19	
21	Safe Relationships	Your Choice – Book 2	32-33	
22	Comparisons			
23	Body Shaming	Your Choice – Book 3	52-53	
24	Body Confidence			
26	Sexting & Nudes	Your Choice – Book 2	34-35	
27	Dangers of pornography			
28	The Unwritten Rules of being a man			
29	Gender based violence & misogyny	Your Choice – Book 2	22-23	
30	Choices & timings	Your Choice – Book 2	20-21	
31	Age-appropriate relationships & intimacy	Your Choice – Book 1	44-45	
32	Red flags & ending relationships			
33	Contraception	Your Choice – Book 1	38-39	
34	STI's	Your Choice – Book 2	24-27	
35	Sepsis			
36	First Aid - bleeding	Your Choice – Book 1	96-97	
37	My personal & academic strengths			
38	Different Careers (ICT)			
39	My Career Ladder (ICT)			

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Year 9

Week	Lesson Topic	Book	Pages	✓
1	Friendship Challenges			
2	Gangs & Violent Crime	Your Choice – Book 3	56-57	
3	County Lines	Your Choice – Book 3	58-59	
4	Drugs & effects	Your Choice – Book 2	40-41	
5	Drugs & the law	Your Choice – Book 2	42-43	
6	Drugs & Risk	Your Choice – Book 2	44-45	
7	Sexuality Timeline	Your Choice – Book 1	40-41	
8	Consent & Assumptions			
9	Consent & Consequences	Your Choice – Book 1	36-37	
10	Sexting	Your Choice – Book 2	34-35	
11	Healthy & Unhealthy Relationships	Your Choice – Book 2	14-15	
13	Public Sexual Harassment	Your Choice – Book 3	20-21	
14	Managing Unwanted Attention	Your Choice – Book 2	16-17	
15	Bullying or Banter?	Your Choice – Book 1	48-49	
16	Managing my Money	Your Choice – Book 3	86-87	
17	Gambling & Addiction	Your Choice – Book 2	46-47	
18	Avoiding Debt	Your Choice – Book 3	78-81	
19	Financial Exploitation (fraud)			
20	Identity Fraud	Your Choice – Book 1	54-55	
21	Mental Health & Anxiety	Your Choice – Book 1	18-19	
22	Positive Mental Health	Your Choice – Book 3	66-67	
23	Unhealthy vs Healthy coping strategies	Your Choice – Book 3	54-55	
24	Mental health & alcohol			
26	Careers	Your Choice – Book 2	98-99	
27	Skills for Employment			
28	Employability			
29	Jobs & Occupations			
30	Workplace relationships & employer expectations			
31	Spotting Extremist Views			
32	Extremism & Radicalisation	Your Choice – Book 3	62-63	
33	The History of UK Democracy			
34	Politics & Me	Your Choice – Book 2	86-87	
35	Our Political Party 1	Your Choice – Book 2	90-91	
36	Our Political Party 2	Your Choice – Book 2	92-93	
37	Local Democracy			
38	Community Involvement	Your Choice – Book 3	92-93	
39	Growth Mindset			

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Year 10

Week	Lesson Topic	Book	Pages	✓
1	Dealing with Change	Your Choice – Book 1	80-81	
2	Managing Change	Your Choice – Book 3	10-11	
3	Reframing negative thinking	Your Choice – Book 3	12-13	
4	Depression, Anxiety & Misconceptions	Your Choice – Book 1	18-19	
5	Managing Mental Health	Your Choice – Book 3	68-69	
6	Alcohol & Mental health	Your Choice – Book 2	52-53	
7	Substances & Risk-taking behaviour	Your Choice – Book 2	42-43	
8	Drugs & Safety	Your Choice – Book 3	38-39	
9	Prescription Drugs	Your Choice – Book 2	44-45	
10	Tattoos & Piercings	Your Choice – Book 2	64-65	
11	Cosmetic & Aesthetic Procedures			
13	Talking about sex	Your Choice – Book 1	34-35	
14	Enthusiastic Consent	Your Choice – Book 2	18-19	
15	Consent: Pressure, Persuasion & Coercion			
16	Impact of Pornography			
17	Consent – Pornography			
18	Revenge Pornography			
19	Sexual Harassment	Your Choice – Book 3	22-23	
20	Reporting sexual harassment			
21	Relationship Abuse			
22	Marriages	Your Choice – Book 3	48-49	
23	Conflict Management	Your Choice – Book 3	50-51	
25	Privilege			
26	Racism	Your Choice – Book 3	28-31	
27	Extremism	Your Choice – Book 3	62-63	
28	MOCK EXAMS	Your Choice – Book 3	74-75	
29	MOCK EXAMS			
30	Digital Footprints & Careers			
31	Understanding the workplace			
32	Understanding behaviours for work			
33	Making applications & careers			
34	ICT - Work Experience Preparation			
35	Employment rights & responsibilities			
36	WORK EXPERIENCE			
37	Trade Unions			
38	ICT - Work Experience Review			
39	Budgeting			

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Year 11

Week	Lesson Topic	Book	Pages	✓
1	Expectations around sex	Your Choice – Book 2	20-21	
2	Consent: responsibilities & consequences	Your Choice – Book 2	22-23	
3	Consent: Communicating wants & needs			
4	Contraception	Your Choice – Book 2	28-29	
5	Safe sex	Your Choice – Book 2	24-25	
6	STI's	Your Choice – Book 2	26-27	
7	Fertility & options	Your Choice – Book 2	28-29	
8	Dealing with Exam Stress	Your Choice – Book 2	72-77	
9	MOCK EXAM WEEK	Your Choice – Book 3	74-75	
10	Pregnancy & Miscarriage	Your Choice – Book 3	40-41	
11	Abortion – incl. emergency contraception			
13	Having a baby, adopting & fostering	Your Choice – Book 3	42-43	
14	Parenting	Your Choice – Book 3	44-47	
15	Coercive control			
16	Online Sexual Harassment	Your Choice – Book 2	34-35	
17	Responding to Online Sexual Harassment			
18	Digital Footprints	Your Choice – Book 3	34-35	
19	Drugs – Managing Influences	Your Choice – Book 3	36-37	
20	Drugs – Help Seeking	Your Choice – Book 3	38-39	
21	Personal Safety	Your Choice – Book 3	32-33	
22	Self-examination			
23	Grief & Bereavement	Your Choice – Book 1	78-79	
24	Suicide prevention	Your Choice – Book 3	76-77	
25	Income & Tax	Your Choice – Book 3	86-87	
26	Income & Pensions	Your Choice – Book 2	80-81	
27	Somewhere to Live (ICT)			
28	Getting to work (ICT)			
29	Just until pay day	Your Choice – Book 2	78-79	

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