Kvutzah

Topics taught			
Year Group	**Autumn Term**	**Spring Term**	**Summer Term**
Year 7	**Healthy Living** Students will explore the role of exercise and a balanced diet in a healthy lifestyle. **Personal and Internet Safety** Students will learn about digital footprints, cyberbullying and personal safety.	**Relationships and Sex Education** Students will learn about puberty, including physical and emotional changes and personal hygiene. They will explore relationships and families, gender stereotypes, healthy relationships and domestic abuse.	**Equality and Diversity** Students will explore equality and diversity. **Careers and Employability** Students will consider their goals and aspirations and challenge stereotypes about the world of work. **Media Literacy** Students will develop their media literacy.
Year 8	**Managing Money** Students will learn about money, foreign exchange, financial decisions, credit, debt, saving, bank accounts and budgeting. **Personal and Internet Safety** Students will cover catfishing, knife crime, the role of the police, grooming, coercion and Run, Hide, Tell.	**Relationships and Sex Education** Students will explore consent, readiness for sexual relationships and domestic abuse. They will consider pornography, sexual images and online safety, as well as body image and self-esteem.	**Healthy Living** Students will learn about first aid and basic life support. **Substance Misuse** Students will explore drugs and peer pressure, alcohol, smoking, shisha and vaping.

Topics taught			
Year Group	**Autumn Term**	**Spring Term**	**Summer Term**
Year 9	**Personal and Internet Safety** Students will consider the effects of a poor diet and the role of sleep in a healthy lifestyle. **Careers and Employability** Students will explore careers in the 21st century and beyond, employability skills and choosing their options.	**Relationships and Sex Education** Students will explore relationships and marriage, LGBT+ language, homophobic, biphobic and transphobic bullying, peer-on-peer abuse and toxic behaviour. They will cover contraception, STIs, sexual health, sexual activity and masturbation, as well as female genital mutilation (FGM), forced marriage and trafficking.	**Healthy Living** Students will develop resilience and learn first aid for chest pain and choking. **Substance Misuse** Students will explore smoking, vaping and cannabis.

Year Group	What parents can do to support learning	Useful links and reference materials
Year 7	Talk about what your child has been learning in Kvutzah and give them space to ask questions. Discuss a news story about online safety or stereotypes and ask what they think.	Year 7 curriculum booklet, Kvutzah section Class notes on digital footprints, healthy relationships and media literacy.
Year 8	Make time for questions about topics discussed in Kvutzah. Discuss a news story about online safety, or use an everyday purchase to talk about budgeting.	Year 8 curriculum booklet, Kvutzah section Class notes on managing money, personal safety and basic life support.
Year 9	Invite your child to talk about topics that interested them or questions they did not feel comfortable asking in class. Discuss a current affairs story together or ask what they learnt about careers and choosing their options.	Year 9 curriculum booklet, Kvutzah section Class notes on careers, healthy living and relationships and sex education.