

**Learning for Life**  
**L6 Curriculum Map**

Session	Topic	Outline
1	<b>Relationships</b> No One Is An Island	<ul style="list-style-type: none"> <li>• The characteristics of healthy relationships</li> <li>• How to improve &amp; support respectful relationships</li> <li>• Different types of bullying &amp; responsibilities</li> </ul>
2	<b>Relationships</b> Consent	<ul style="list-style-type: none"> <li>• How to actively communicate &amp; recognise consent</li> <li>• The laws relating to consent/coercion/grooming, etc.</li> <li>• Online risks</li> </ul>
3	<b>Relationships</b> Relationship Pressures	<ul style="list-style-type: none"> <li>• The importance of respectful relationships &amp; self-respect</li> <li>• The concepts of laws relating to honour based violence</li> <li>• How to actively communicate/recognise/withdraw consent</li> </ul>
4	<b>Let's Talk About Sex</b> What Is Sexuality	<ul style="list-style-type: none"> <li>• How to recognise stereotypes based on sex/gender/race/religion/sexual orientation/disability</li> <li>• How to recognise the characteristics of a healthy intimate relationship</li> </ul>
5	<b>Let's Talk About Sex</b> Contraception & Parenthood	<ul style="list-style-type: none"> <li>• How relationships might contribute to human happiness and their importance when raising children</li> <li>• The roles and responsibilities of parents</li> </ul>
6	<b>Let's Talk About Sex</b> Safe.Happy. Legal	<ul style="list-style-type: none"> <li>• How STIs are transmitted &amp; the importance of safer sex/testing</li> <li>• Impact of STIs and key facts about treatment</li> <li>• Where to get further advice</li> </ul>

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7	<b>Drugs/Alcohol/ Tobacco</b> Reducing Harm	<ul style="list-style-type: none"> <li>• The facts about the legal and illegal drugs and their associated risks including serious mental health conditions</li> <li>• The physical &amp; psychological risks of alcohol consumption</li> <li>• The physical &amp; psychological risks of addiction</li> </ul>
8	<b>Drugs/Alcohol/ Tobacco</b> Safe.Happy.Legal.	<ul style="list-style-type: none"> <li>• The law relating to the supply &amp; possession of illegal substances</li> <li>• How to travel safely abroad including legal/cultural issues and personal safety and the use of alcohol</li> <li>• The physical and psychological risks associated with alcohol consumption</li> </ul>
9	<b>Drugs/Alcohol/ Tobacco</b> Looking Out For Each Other	<ul style="list-style-type: none"> <li>• How to recognise the early signs of mental wellbeing concerns</li> <li>• Assessing emergency situations and how to respond</li> <li>• Basic first aid</li> </ul>
10	<b>Emotional Wellbeing &amp; Mental Health</b> Dealing With Stress	<ul style="list-style-type: none"> <li>• Common types of mental ill-health (anxiety/depression)</li> <li>• The benefits and importance of exercise</li> <li>• How to talk about emotions accurately &amp; sensitively</li> </ul>
11	<b>Emotional Wellbeing &amp; Mental Health</b> Strategies	<ul style="list-style-type: none"> <li>• How to recognise, manage &amp; escape from emotional abuse &amp; how to get support</li> <li>• How to use language &amp; strategies in order to manage pressure in different contexts</li> <li>• How to critically evaluate how actions can impact positively/negatively on own/others mental health</li> </ul>
12	<b>Emotional Wellbeing &amp; Mental Health</b> Support	<ul style="list-style-type: none"> <li>• How to recognise when support is needed</li> <li>• Recognise &amp; manage bullying in the workplace &amp; the different roles of HR departments and other professional organisations</li> <li>• To understand the term 'whistleblowing' and when it is appropriate</li> </ul>

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13	<b>Health And Wellbeing</b> Physical Health	<ul style="list-style-type: none"><li>• The positive association between physical activity &amp; mental well being</li><li>• The characteristics and evidence of a healthy lifestyle</li><li>• The importance of sleep</li></ul>
14	<b>Health And Wellbeing</b> Nutrition	<ul style="list-style-type: none"><li>• The characteristics of a healthy lifestyle</li><li>• The positive association between physical activity and mental well-being including to combat stress</li></ul>
15	<b>Health &amp; Wellbeing</b> Time Out	<ul style="list-style-type: none"><li>• How to critically evaluate positive/negative effects on their own and others' mental health</li><li>• How to apply strategies for positive mental health &amp; to combat stress</li></ul>