

Life Studies Syllabus 2025-2026

This document is a copy of the syllabus for Life Studies at Woodbridge High School for the academic year 2025-2026.

For each year group there is a list of lesson titles with references to the sections of the Relationships, Sex and Health Education (RSHE) Curriculum produced by the Department for Education (DfE).

The DfE RSHE Curriculum sections and individual points are included at the end for reference.

Any lesson that covers points within the Sex Education section of the DfE RSHE Curriculum is highlighted in pink (light grey if printed in black and white).

The Curriculum Link column shows which part of the London Borough of Redbridge (LBR) RSHE syllabus the lesson links to. As Life Studies also contains some elements of Careers Education, Citizenship, and KS4 ICT, this is also referenced in this column.

The final column shows any further links within Woodbridge High School that are relevant for that lesson.

Should there be lessons lost due to school closures (e.g., bank holidays) or mock exams (for Y10 and Y11) then the lesson order may need to be changed and some lessons may be merged, however the content will stay the same.

YEAR 7				
Term / Lesson	Lesson Theme	RSHE Curriculum Points	Curriculum Link	WHS link to:
Intro Lesson	Woodbridge Way - Kindness, Tolerance, Respect and Excellence		Character Programme	Woodbridge Way / School Ethos
T1 L1	Friendships & respect	R2.1, R2.2, R2.4	LBR7	Anti-Bullying Charter
T1 L2	Bullying incl. Cyberbullying	R2.5, H2.2	LBR7	Anti-Bullying Charter
T1 L3	Online Safety (unrealistic expectations & digital footprint)	R3.1, R3.2, R3.3, R3.4, R3.5, R3.7, R3.8, L3, H2.1, H2.2	LBR7	Support teams
T1 L4	Discrimination & stereotyping (incl. hate crime laws and civil liberties)	R2.3, R2.8, L6, L7, L12	LBR7 & KS3 Cit	Equality Manifesto
T1 L5	Different families & parenting	R1.1, R1.2, R1.6	LBR7	
T1 L6	Body Autonomy & how to report abuse/neglect/inappropriate behaviour	R2.6, R4.1, R4.2, (not covering any of the Sex Education statements)	LBR7	Support teams
T1 L7	Homelessness		KS3 Cit	
T2 L1	Critical Questioning (how can you trust info is reliable)	R1.7	KS3 Cit & LBR7	Safer Schools Officer
T2 L2	Rule of law (incl. police) & the UK Justice system	R1.7	KS3 Cit & LBR7	Safer Schools Officer
T2 L3	Law on Drugs & Criminal Exploitation	L8, L9, L11, H5.1, H5.2	LBR7	Support teams
T2 L4	Gangs & Knife Crime	L9, L11	LBR7	Support teams
T2 L5	Radicalisation & Extremism	L10	LBR7	Support teams
T3 L1	Puberty & Menstruation	H8.1, H8.2	LBR7	Y7 Science curriculum
T3 L2	Healthy lifestyle (incl. sleep & healthy eating)	H1.6, H3.1, H3.2, H4.1, H6.5	LBR7	Food Technology curriculum
T3 L3	Happiness, wellbeing & mental health	H1.1, H1.2, H1.3, H1.5	LBR7	Mental health awareness week
T3 L4	Basic First Aid	H7.1	LBR7	
T3 L5	Diversity and the Law	R2.3, R2.8, L6, L7, L12	LBR7	Diversity Week / Equality Manifesto
T3 L6	Thinking About Careers		Careers	
T3 L7	Community & volunteering		KS3 Cit & Careers	Beyond Excellence Team & Extra Curricular Activities

YEAR 8				
Term / Lesson	Lesson Theme	RSHE Curriculum Points	Curriculum Link	WHS link to:
T1 L1	Online safety (sexting, inappropriate content, sharing personal data)	R3.1, R3.2, R3.3, R3.4, R3.5, R3.7, R3.8, L3, H2.1, H2.2	LBR8	Support teams
T1 L2	Privacy & Personal boundaries (incl. age of consent); Own values in relationships; Beliefs & Expectations of a 1:1 intimate relationship	SE1, R1.1, R2.1, R2.2, R4.1, R4.2, L1	LBR8	Support teams
T1 L3	Recognising unhealthy relationships (incl. abuse & forced marriage)	SE1, R1.4, R2.1, R2.2, R2.6, R2.7, L2	LBR8	Support teams
T1 L4	Marriage & the law & religion	R1.1, R1.2, R1.3, R1.4, R1.5	LBR8	
T1 L5	How media (& social media) influences relationships & Violence Against Women and Girls	R1.7, L2	LBR8	Support teams
T1 L6	Radicalisation, extremism & grooming for criminal exploitation	L9, L10, L11	LBR8	Support teams
T1 L7	Impact of alcohol & drugs (incl. vaping)	L8, H5.1, H5.2, H5.3, H5.5	LBR8	Y8 Science curriculum
T2 L1	Trustworthy Sources (Informed choices on life decisions and who to talk to)	R1.7	LBR8	
T2 L2	Rights and Respect	R1.7	LBR8	
T2 L3	Politics and Democracy - how it works in the UK		KS3 Cit	
T2 L4	Career skills		Careers	
T2 L5	Early options		Careers	Y8 Early Options
T3 L1	Healthy lifestyle (incl. personal & oral hygiene)	H3.2, H4.1, H6.1, H6.2, H6.5	LBR8	
T3 L2	1st Aid - Lifesaving skills	H7.2, H7.3	LBR8	
T3 L3	Mental Health & Wellbeing (incl. anxiety and depression)	H1.1, H1.2, H1.3, H1.4, H1.5, H1.6, H3.1	LBR8	Mental Health Awareness Week
T3 L4	Empathy & Dealing with loss	H1.1, H1.3	LBR8	Support teams
T3 L5	Tackling Discrimination	R1.1, R2.3, R2.8, L6, L7, L12	LBR8	Equality Manifesto
T3 L6	Refugees		KS3 Cit	
T3 L7	Banking		KS3 Cit & Careers	

YEAR 9				
Term / Lesson	Lesson Theme	RSHE Curriculum Points	Curriculum Link	WHS link to:
T1 L1	Respectful relationships vs bullying & peer pressure	R1.1, R1.2, R2.1, R2.2, R2.5, R2.6	LBR9	Anti bullying charter
T1 L2	Online safety (incl. sexting, revenge porn) and how to report issues	R3.1, R3.2, R3.3, R3.4, R3.5, R3.6, R3.7, R3.8, L3, H2.1, H2.2	LBR9	Support teams
T1 L3	Grooming & Exploitation - child criminal exploitation and gangs	R1.7, L9, L10, L11	LBR9	Support teams
T1 L4	Grooming & Exploitation - child sexual exploitation	R1.7, R4.1, L11	LBR9	Support teams
T1 L5	Career choices		Careers	
T1 L6	GCSE Options		Careers	Y9 Options
T1 L7	Drugs, Legal highs & Vaping	L8, H5.1, H5.2, H5.3, H5.4, H5.5	LBR9	
T2 L1	Different intimate relationships & the factors that influence them	SE1, R1.1	LBR9	
T2 L2	Consent & readiness vs harmful & unsafe relationships	SE2, SE4, SE5, SE12, R4.1, R4.2	LBR9	Support teams
T2 L3	Contraception & reproductive health	SE3, SE6, SE12	LBR9	Science curriculum
T2 L4	Sexually Transmitted Infections	SE9, SE10, SE12	LBR9	Science curriculum
T2 L5	Sexual harassment vs sexual assault & rape (incl. long term affects)	R2.7, R4.1, R4.2, L1, L2	LBR9	Support teams
T3 L1	Domestic abuse/violence & where to get help	R2.7, R4.1, R4.2, L1, L2	LBR9	Support teams
T3 L2	FGM & The law	R4.1, L13	LBR9	
T3 L3	Medical Decisions: Immunisation & vaccines; Blood, Organ & Stem Cell donation	H3.2, H3.3, H6.1	LBR9	Science curriculum
T3 L4	Mental Health	H1.1, H1.2, H1.3, H1.4, H1.5, H1.6, H3.1, H6.5	LBR9	Mental Health Awareness Week
T3 L5	Neurodiversity			Support teams
T3 L6	Stereotypes & the Equality Act; Equality vs Equity	R2.3, R2.8, L6, L7, L12	LBR9	Equality Manifesto
T3 L7	Parliament & Democracy in the UK (incl. voting & elections)		KS3 Cit	

YEAR 10				
Term / Lesson	Lesson Theme	RSHE Curriculum Points	Curriculum Link	WHS link to:
T1 L1	Positive relationship values and expectations	SE1, R1.1, R2.1	LBR10	
T1 L2	Consent & peer pressure (incl. role of alcohol & drugs) + Sexual safety in intimate relationships	SE2, SE4, SE5, SE11, R4.2, L1	LBR10	Support teams
T1 L3	Sexual health clinics and how to access help (incl. if people have had FGM)	SE9, SE10, SE12, L5	LBR10	Support teams
T1 L4	Teen pregnancy & young parenthood; fostering, adoption, abortion	SE7, SE8, R1.2, R1.6, L5	LBR10	Support teams
T1 L5	Regular health checks & self examination	H3.2, H6.3	LBR10	Science curriculum
T1 L6	Online safety (cyberbullying & online sexual harassment; grooming)	R2.5, R3.1, R3.2, R3.3, R3.4, R3.5, R3.7, R3.8, L3, H2.2	LBR10	Anti bullying charter
T1 L7	Pornography & unrealistic expectations (incl. law on child pornography)	R3.6, L4, H2.1	LBR10	Support teams
T2 L1	Diversity and Intersectionality	R2.3, R2.8, L6, L7, L12	LBR 10 & KS4 Cit	Equality Manifesto
T2 L2	Laws - how they are made, how they are enforced	L9, L11	KS4 Cit	Safer Schools Officer
T2 L3	Legal Drugs & Addiction	L8, H5.1, H5.2, H5.3, H5.4, H5.5, H5.6	LBR10	Science curriculum; Support Teams
T2 L4	Gangs, Exploitation & Knife Crime	L9, L11	LBR10	Support teams
T2 L5	Radicalisation		LBR10	Support teams
T3 L1	Environment - Climate Change and Sustainability		KS4 Cit	Environmental Policy
T3 L2	Environmental Anxiety		KS4 Cit	Environmental Policy
T3 L3	Mental health, mindset & wellbeing	H1.1, H1.2, H1.3, H1.4, H1.5, H1.6, H3.1	LBR10	Mental health awareness week
T3 L4	Careers: Writing CVs & covering letters		Careers & KS4 ICT	Careers Week
T3 L5	Interview Skills		KS4 Cit & KS4 ICT & Careers	Careers Week
T3 L6	Gaining employment skills		KS4 Cit & KS4 ICT & Careers	Careers Week
T3 L7	Using spreadsheets for budgeting		KS4 Cit & KS4 ICT & Careers	

YEAR 11				
Term / Lesson	Lesson Theme	RSHE Curriculum Points	Curriculum Link	WHS link to:
T1 L1	Careers options		Careers	
T1 L2	Exploring Post-16 & 6th Form Options		Careers	6th Form Applications
T1 L3	Exploring Post-16 & 6th Form Options		Careers	6th Form Applications
T1 L4	Mental health & well being - pre mock exams	H1.1, H1.2, H1.3, H1.4, H1.5, H1.6, H3.1	LBR11	Wellbeing team
T1 L5	Voting & Democracies		KS4 Cit	
T1 L6	Impact of illegal acts on those involved; Gangs	L9, L10, L11	LBR11	Support teams
T1 L7	Money & Budgeting		KS4 Cit & Careers	
T2 L1	Sexual Safety (Consent, Contraception & STIs)	SE1, SE6, SE9, SE10, SE11, SE12, R4.1, R4.2, L1	LBR11	Science curriculum
T2 L2	Abusive relationships / behaviours & how to get help	SE1, SE2, SE4, SE5, R1.1, R1.2, R1.3, R1.4, R1.5, R2.1, R2.2, R2.6, R2.7, R3.3, L2, H2.2	LBR11	Support teams
T2 L3	Fertility challenges & the impact on mental health	SE3, H1.1, H1.5	LBR11	Science curriculum
T2 L4	Bullying beyond school (e.g., workplace) & how to get help; Hate crimes & the Equality Act	R2.3, R2.4, R2.5, R2.8, L6, L7, L12	LBR11 & Careers	Equality Manifesto
T2 L5	Drugs, Alcohol & Legal highs	L8, H5.1, H5.2, H5.3, H5.4, H5.5	LBR11	Support teams
T3 L1	Mental health & well being - pre exams part 1	H1.1, H1.2, H1.3, H1.4, H1.5, H1.6, H3.1	LBR11	Wellbeing team
T3 L2	Mental health & well being - pre exams part 2	H1.1, H1.2, H1.3, H1.4, H1.5, H1.6, H3.1	LBR11	Wellbeing team
GCSE EXAMS				

Relationships, Sex and Health Education Curriculum Sections and Points

Relationships Education			Y7	Y8	Y9	Y10	Y11
Families		Students should know:					
	R1.1	that there are different types of committed, stable relationships.	Y	Y	Y	Y	Y
	R1.2	how these relationships might contribute to human happiness and their importance for bringing up children.	Y	Y	Y	Y	Y
	R1.3	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.		Y			Y
	R1.4	why marriage is an important relationship choice for many couples and why it must be freely entered into.		Y			Y
	R1.5	the characteristics and legal status of other types of long-term relationships.		Y			Y
	R1.6	the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.	Y			Y	
	R1.7	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.	Y	Y	Y		
Respectful relationships, including friendships		Students should know:					
	R2.1	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.	Y	Y	Y	Y	Y
	R2.2	practical steps they can take in a range of different contexts to improve or support respectful relationships.	Y	Y	Y		Y
	R2.3	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).	Y	Y	Y	Y	Y
	R2.4	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.	Y	Y			Y
	R2.5	about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.	Y	Y	Y	Y	Y
	R2.6	that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	Y	Y	Y	Y	Y
	R2.7	what constitutes sexual harassment and sexual violence and why these are always unacceptable.		Y	Y	Y	Y
	R2.8	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.	Y	Y	Y	Y	Y

Online and media		Students should know:					
	R3.1	their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.	Y	Y	Y	Y	
	R3.2	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.	Y	Y	Y	Y	
	R3.3	not to provide material to others that they would not want shared further and not to share personal material which is sent to them.	Y	Y	Y	Y	Y
	R3.4	what to do and where to get support to report material or manage issues online.	Y	Y	Y	Y	
	R3.5	the impact of viewing harmful content.	Y	Y	Y	Y	
	R3.6	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.			Y	Y	
	R3.7	that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.	Y	Y	Y	Y	
	R3.8	how information and data is generated, collected, shared and used online.	Y	Y	Y	Y	
Being safe		Students should know:					
	R4.1	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.		Y	Y	Y	Y
	R4.2	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).	Y	Y	Y	Y	Y

Safeguarding through the Law

Y7 Y8 Y9 Y10 Y11

Pupils should be made aware of the relevant legal provisions when relevant topics are being taught, including for example:

The Law		Y7	Y8	Y9	Y10	Y11
L1	consent, including the age of consent		Y	Y	Y	Y
L2	violence against women and girls		Y	Y	Y	Y
L3	online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc.)	Y	Y	Y	Y	
L4	pornography			Y	Y	
L5	abortion				Y	
L6	sexuality	Y	Y	Y	Y	Y
L7	gender identity	Y	Y	Y	Y	Y
L8	substance misuse	Y	Y	Y	Y	Y
L9	violence and exploitation by gangs	Y	Y	Y	Y	Y
L10	extremism/radicalisation	Y	Y	Y		Y
L11	criminal exploitation (for example, through gang involvement or 'county lines' drugs operations)	Y	Y	Y	Y	Y
L12	hate crime	Y	Y	Y	Y	Y
L13	female genital mutilation (FGM)			Y		

Physical Health and Mental Wellbeing		Y7	Y8	Y9	Y10	Y11
Mental Wellbeing		Students should know:				
	H1.1	how to talk about their emotions accurately and sensitively, using appropriate vocabulary.				
	H1.2	that happiness is linked to being connected to others.				
	H1.3	how to recognise the early signs of mental wellbeing concerns.				
	H1.4	common types of mental ill health (e.g. anxiety and depression).				
	H1.5	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.				
	H1.6	the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.				
Internet Safety and harm		Students should know:				
	H2.1	the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image, how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.				
	H2.2	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.				
Physical health and fitness		Students should know:				
	H3.1	the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.				
	H3.2	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.				
	H3.3	about the science relating to blood, organ and stem cell donation.				
Healthy eating		Students should know:				
	H4.1	how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.				

Drugs alcohol and tobacco		Students should know:						
	H5.1	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.	Y	Y	Y	Y	Y	
	H5.2	the law relating to the supply and possession of illegal substances.	Y	Y	Y	Y	Y	
	H5.3	the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.		Y	Y	Y	Y	
	H5.4	the physical and psychological consequences of addiction, including alcohol dependency.			Y	Y	Y	
	H5.5	awareness of the dangers of drugs which are prescribed but still present serious health risks.		Y	Y	Y	Y	
	H5.6	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.				Y		
Health and prevention		Students should know:						
	H6.1	about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.		Y	Y			
	H6.2	about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.		Y				
	H6.3	(late secondary) the benefits of regular self-examination and screening.				Y		
	H6.4	the facts and science relating to immunisation and vaccination.			Y			
	H6.5	the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn	Y	Y	Y			
Basic first aid		Students should know:						
	H7.1	basic treatment for common injuries.	Y					
	H7.2	life-saving skills, including how to administer CPR.		Y				
	H7.3	the purpose of defibrillators and when one might be needed.		Y				
Changing adolescent body		Students should know:						
	H8.1	key facts about puberty, the changing adolescent body and menstrual wellbeing.	Y					
	H8.2	the main changes which take place in males and females, and the implications for emotional and physical health.	Y					

Sex Education		Y7	Y8	Y9	Y10	Y11	
Intimate and sexual relationships, including sexual health	Students should know:						
	SE1	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.		Y	Y	Y	Y
	SE2	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.			Y	Y	Y
	SE3	the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women.			Y		Y
	SE4	that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.			Y	Y	Y
	SE5	that they have a choice to delay sex or to enjoy intimacy without sex.			Y	Y	Y
	SE6	the facts about the full range of contraceptive choices, efficacy and options available.			Y		Y
	SE7	the facts around pregnancy including miscarriage.				Y	
	SE8	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).				Y	
	SE9	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.			Y	Y	Y
	SE10	about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.			Y	Y	Y
	SE11	how the use of alcohol and drugs can lead to risky sexual behaviour.				Y	Y
SE12	how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.			Y	Y	Y	