



Life skills core themes



Health and Wellbeing	Relationships	Living in the Wider World
Emotions Personal identity Healthy lifestyles First aid Puberty Hygiene and sleep Physical exercise Intimate sexual relationships Sexual health Drugs awareness Being safe Online safety and media Online gambling	Families Friendships Respectful relationships Stereotypes Equality Valuing difference Bullying Relationships and sex education Consent Relationship safety Contraception	Rights and responsibilities A stable careers programme Learning from career and labour market information Addressing the needs of each pupil Linking curriculum learning to careers Encounters with employers and employees Experiences of workplaces Encounters with further and higher education Personal guidance