

Week commencing		05-Sep-25	06-Sep-25	13-Sep-25	14-Sep-25	20-Sep-25	06-Oct-25	13-Oct-25	20-Oct-25								
Year Group / Week no		1A	2B	3A	4B	5A	6B	7A	8B								
7	Transition to Secondary School	Politics, Citizenship & Democracy		What is mental health?		Social media and mental health											
8	Mental health: talking about our emotions	Self-esteem and confidence		Challenging gender stereotypes		Addictive substances: alcohol											
9	Mental health: developing coping strategies	Healthy lifestyles: health services, self examination and vaccination		Healthy lifestyles: achieving balance		Addictive substances: legal and illegal drugs											
10	Transition to Key Stage 4	Recognising strengths in ourselves and others		An introduction to body image		Staying safe online: protecting your personal data											
10 lesson	Developing positive Study Skills	Recognising skills and strengths for future careers		Career pathways		CV writing											
11 Lesson	Developing positive Study Skills	Aspirations & Pathways		Employability Skills & Work Readiness		Finance & Debt											
12	Transition to Key Stage 5	Staying safe: recognising harassment and abuse		Understanding cultural identity and cultural competency		Staying safe: exiting aggressive social situations											
13	Mental health: accessing support	The role of constructive criticism		Staying safe: recreational drugs		Leaving home: building a healthy lifestyle											
27th - 31st Oct										03-Nov-25	10-Nov-25	17-Nov-25	24-Nov-25	01-Dec-25	08-Dec-25	15-Dec-25	
										9A	10B	11A	12B	13A	14B	15A	
										Goal Setting	Student Voice Surveys	Growing up: physical and mental changes		Understanding menstruation		Recognising and preventing bullying	
										Goal Setting	Student Voice Surveys	Healthy lifestyles: exercising for physical and mental wellbeing		Healthy lifestyles: taking responsibility for your physical health		Understanding marriage	
										Goal Setting	Student Voice Surveys	Sex, relationships, and the media		Practising safe sex		Sex and consent online	
										Goal Setting	Student Voice Surveys	Unifrog Course 101 Familiarisation		Unifrog: Psychometric testing		Unifrog Course on Work Experience	
										Aspirations & Pathways		Employability Skills & Work Readiness		Finance & Debt			
										Illegal drugs: risks, consequences, and support		Substance addiction: how to seek help		Managing our health: services and support			
										Staying safe: protecting your finances		Staying safe: dangerous and emergency situations		Staying safe: setting boundaries online		SS	
										Understanding online misinformation		Intersectionality, marginalisation, and privilege		Understanding inclusion			
22nd - 5th Jan										05-Jan-26	12-Jan-26	19-Jan-26	26-Jan-26	02-Feb-26	09-Feb-26		
										16B	17A	18B	19A	20B	21A		
										Recognising and preventing bullying		Media literacy: staying safe online		What is diversity?		Careers	
										Understanding marriage	Overcoming conflict and finding forgiveness		Spotting unhealthy and abusive relationships		Sexuality and gender identity: an introduction		
										Aspirations & Pathways		Employability Skills		Finance: Budgeting & Saving			
										Unifrog Course on Work Experience	Alcohol: risks, consequences, and safety		What is a healthy lifestyle?		What is a healthy lifestyle?		
										Navigating conflict in relationships		Rights and responsibilities: marriage and civil partnerships		Taking others' perspectives			
										Managing our health: services and support	Understanding pornography		Understanding consent and intimacy: offline and online		Sexual health: preventing and treating STIs		
										Staying safe: alcohol and binge-drinking		Respectful relationships: trust and intimacy		Respectful relationships: ending relationships			
										Understanding forced marriage		Respectful relationships: meeting new people		Respectful relationships: values and differences			
16 Feb - 20 Feb										22-Feb-26	02-Mar-26	09-Mar-26	16-Mar-26	23-Mar-26			
										22B	23A	24B	25A	26B			
										Aspirations & Careers		Employability Skills		Student Voice Surveys			
										Sexuality and gender identity: an introduction	Consent: what is it and why is it essential?		Gambling: the facts		Student Voice Surveys		
										Financial choices: budgeting, saving, debt		Social influences: young people and gangs		Student Voice Surveys			
										What is a healthy lifestyle?	Health-related choices: blood, organ and stem cell donation		Challenging prejudice and discrimination		Student Voice Surveys		
										Financial choices: managing finances in the world of work		Know your rights: the Equality Act 2010		Mental health: revisited			
										Making choices about pregnancy and parenthood		Making choices about your sexual health		SS			
										Financial choices: working and earning		Staying safe: transport and travel					
										30-Mar - 10-Apr							
27A	28B	29A	30B	31A	32B												
Smoking and vaping: risks and consequences		Female genital mutilation (FGM): facts and risks		Healthy lifestyles: maintaining a balanced diet													
Aspirations & Careers		Employment & Work Skills		Finance & Money Management													
Family life: parenthood and caring		Social influences: tackling peer pressure		Relationships and conflict													
Navigating social influence and pressure		Changing relationships: managing your feelings		The impact of relationships													
Sexuality and gender identity: coming out		Understanding pregnancy: your choices		Sexual health: choosing and accessing contraception													
Consent matters		Body enhancement		Acknowledging skills and assets													
Financial choices: working and earning		Staying safe: transport and travel															
25-May-28-May																	
										33A	34B	35A	36B	37A	38B	39A	
										What makes a healthy relationship?		Coping with change: bereavement, divorce and separation		Student Voice Surveys		Politics, Citizenship & Democracy	
										Managing risk: looking after your personal safety		Developing your leadership skills		Student Voice Surveys		Politics, Citizenship & Democracy	
										What is good communication?		Recognising and preventing discrimination		Student Voice Surveys		Politics, Citizenship & Democracy	
										The truth about gambling and gaming		Work Experience		Student Voice Surveys		Politics, Citizenship & Democracy	
										Gambling: risks, consequences, and safety		Work Experience		WE Review		Politics, Citizenship & Democracy	
										SS		Citizenship & Political Engagement		Future Pathways & Aspirations		Work Experience	
										Financial choices: working and earning		Staying safe: transport and travel					