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|  | 1. Health and Wellbeing | 1. Relationships and Sex Education | 1. Living in the Wider world |
| Year 7  40  lessons | What is mental health?  What is resilience?  Feelings and how to manage them  What impacts on our emotional wellbeing?  Being positive  Self esteem  What is your identity?  The importance of sleep  How do I manage situations?  Puberty  Puberty hygiene  Menstrual wellbeing  Dental hygiene  How to cope with loss  Dangers of smoking  Caffeine and energy drinks  E cigarettes and vaping  17 | What is a healthy relationship?  How to be assertive  Gangs  Bullying lesson  Getting to know people  Friendships and online relationships  What makes a good friend?  Why are boundaries important?  Peer pressure  Consent and boundaries  Friendships off and online  Online gaming/ grooming and addiction  How to stay safe online  13 | What are my aspirations?  How do I work best with others?  Skills for working with others  Goal setting  Career path  Community and social media  Equality act 2010  Multiculturism  Prejudice and discrimination  10 |
| Year 8  40 lessons | What is mental health?  Mindfulness  What pressures do teenagers face?  What is body image?  Self esteem  Substance misuse  Drugs and the law  Alcohol and safety  Impacts of drug taking  Coming out what is it?  Menstrual cycle  Healthy eating  First aid  13 | What does family mean?  How can I contribute to family life?  Healthy relationships  Faith and values x 2  How do I feel about difference?  Racism  Hate crime  What is bullying?  Homophobia and challenging it  LGBTQ+  Cyber bullying/ trolling  Grooming  Child abuse  County lines  What is love?  contraception  17 | Neurodiversity  How do I save?  How enterprising am I?  What do I need to plan for?  How do I improve my prospects?  What are my aspirations?  What are my strengths?  Nature vs nurture  Stereotypes  What is money?  10 |
| Year 9  40 Lessons | Drug classification  What is the difference between the different classes?  What are drugs?  What are party drugs?  What are the dangers of cannabis?  What is addiction?  Hygiene  Healthy eating  What are some mental health conditions  Instagram generation  Vaping  Dangers of alcohol  12 | How do I take care of me?  How do I build positive relationships?  What is a respectful relationship?  What are parenting skills?  What is contraception?  What can we learn about conception?  Is commitment important?  How do people love one another?  How to recognise abuse  Murder games  Domestic abuse  Pornography and sexting  What is consent?  What are STIs?  Online trolling  Sexual harassment  Youth produced sexual imagery  Homophobia  Honour based violence x 2  20 | Living in Britain  The equality acts  Hate crimes  Discrimination through invisibility  Challenging discrimination  Democracy and voting  Modern day slavery x 2  8 |
| Year 10  18 lessons | Mental health problems  What is positive mental health?  Pressures and influences  Self-harm and suicide  Social media validation  Phone addiction  FGM  7 | Unhealthy relationships  Pornography 3 lessons  Media sexualisation  Marriage  Forced marriage  7 | CV writing  Consumer rights  What is a payslip?  Rights and responsibilities of people under 16  4 |
| Year 11  18 lessons | Rights and responsibilities online  Gangs and knife crime  County lines  Facing all odds- MH/ drugs/ addiction  Breast/ cervical/ ovarian cancer  Testicular cancer  Exam stress and anxiety  7 | What is teenage pregnancy  What are the challenges of parenthood?  Abortion  Abused by my girlfriend  Sexual harassment- Asking for it  Coercive behaviour  Unhealthy relationships, sexual abuse and rape  7 | What makes you employable?  How do I write a personal statement?  Budgeting  Money stresses  4 |