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|  | 1. Health and Wellbeing
 | 1. Relationships and Sex Education
 | 1. Living in the Wider world
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| Year 7 40lessons | What is mental health?What is resilience?Feelings and how to manage themWhat impacts on our emotional wellbeing?Being positiveSelf esteemWhat is your identity?The importance of sleepHow do I manage situations?PubertyPuberty hygieneMenstrual wellbeing Dental hygieneHow to cope with lossDangers of smokingCaffeine and energy drinks E cigarettes and vaping17 | What is a healthy relationship?How to be assertiveGangsBullying lesson Getting to know people Friendships and online relationshipsWhat makes a good friend?Why are boundaries important?Peer pressureConsent 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 othersGoal settingCareer path Community and social mediaEquality act 2010MulticulturismPrejudice and discrimination10 |
| Year 840 lessons | What is mental health? MindfulnessWhat pressures do teenagers face?What is body image?Self esteem Substance misuseDrugs and the lawAlcohol and safetyImpacts of drug takingComing out what is it?Menstrual cycleHealthy eating First aid 13 | What does family mean?How can I contribute to family life?Healthy relationships Faith and values x 2How do I feel about difference? RacismHate crimeWhat is bullying?Homophobia and challenging itLGBTQ+Cyber bullying/ trollingGroomingChild abuseCounty linesWhat is love?contraception17 | NeurodiversityHow 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 nurtureStereotypesWhat is money?10 |
| Year 940 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?HygieneHealthy eatingWhat are some mental health conditions Instagram generation VapingDangers 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 abuseMurder gamesDomestic abusePornography and sextingWhat is consent?What are STIs?Online trollingSexual harassmentYouth produced sexual imagery HomophobiaHonour based violence x 220 | Living in BritainThe equality actsHate crimesDiscrimination through invisibilityChallenging discriminationDemocracy and votingModern day slavery x 2 8 |
| Year 1018 lessons | Mental health problemsWhat is positive mental health?Pressures and influencesSelf-harm and suicideSocial media validationPhone addictionFGM7 | Unhealthy relationshipsPornography 3 lessonsMedia sexualisationMarriage Forced marriage7 | CV writing Consumer rightsWhat is a payslip?Rights and responsibilities of people under 164 |
| Year 1118 lessons  | Rights and responsibilities onlineGangs and knife crimeCounty linesFacing all odds- MH/ drugs/ addiction Breast/ cervical/ ovarian cancerTesticular cancerExam 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 behaviourUnhealthy relationships, sexual abuse and rape7 | What makes you employable?How do I write a personal statement? BudgetingMoney stresses4 |