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| **Year group**  | **7** | **8** | **9** | **10** | **11** |
| **Wed 1st Feb P1-3** | Relationships: diversityR3 R38-41  | Health and wellbeing: drugs and alcohol H23-29 H31 H5 R42 R44 | Relationships: respectful relationships **RESPECT ME relationships and sex BOOKED**H2 R1 R6 R19 R21-23 R35 R36 | H + W: exploring influence H19-21 R20 R35-37 | Living in the WW: Next steps H1 L1-4 L6-8 L11 L12 L21 |
| **Session 1** | Signs and effects of bullying  | Alcohol (outside speaker)  | Respect me relationships and sex | Managing tough times (grief and bereavement)Respect Me video  | Ppost-16 pathway |
| **Session 2** | Respecting diversity  | Caffeine and energy drinks | Managing anxiety (outside speaker)  | Online presence  |
| **Session 3** | LGBT(outside speaker) | Sleep  | Different types of families  | Screen time | Setting goals |
| **Session 4** | Challenging prejudice and stereotypes | Tobacco  | Homelessness  | Social media and self esteem  | Understanding behaviours for work |