

Year group	7	8	9	10	11
Tuesday 21st Mar P1-3	H + W: health and puberty H5 H13-18 H20 H22 H34	H + W: emotional wellbeing H3 H4 H6-12 L24	H + W: healthy lifestyle H3 H14-19 H21	Relationships: healthy relationships <u>RESPECT ME</u> <u>positive</u> <u>relationships and sexting BOOKED</u> R1-3 R6-8 R14 R15 R18 R19 R22 R28-31	H + W: independence H3-4 H11 H13-18 H22-24
Session 1	Healthy lifestyle: puberty (outside speaker)	Emotional wellbeing	Choices about diet and exercise	(outside speaker)	Blood and organ donation
Session 2	Diet: food groups and nutrition	Online stress and FOMO (respect me video)	How can I deal with anxiety?		First aid (outside speaker)
Session 3	Food labels and hazards	What is mindfulness?	Consequences drinking and drugs (outside speaker)	Consent and the legal impact	Gender identity
Session 4	Exercise and keeping healthy	Why is self-awareness important?	Selfie obsessed and the consequences	Media, porn ad sexual attitudes (respect me video)	Risk taking and decision making: knife crime PC Cornall (outside speaker)