

## YEAR 7 - positive self-identity

	<b>Term 1 RELATIONSHIPS AND SEX</b>	<b>Term 2 MENTAL HEALTH</b>	<b>Term 3 PHYSICAL HEALTH</b>	<b>WIDER WORLD - drop down day</b>
<b>1</b>	The importance of friends and anxieties about making them	Why does mental health matter?	Benefits of exercise, {try a new club}	Perfect Island creation (combining: “ideal community, budgeting, ethical shopping, appreciating different points of view and financial products and services”)
<b>2</b>	Good communication	Anxieties about secondary school, have they changed?	Healthy eating and why we need to do it	
<b>3</b>	Characteristics of good friends	How to identify, express and manage emotions	Healthy eating menu challenge, picking balanced meals from famous restaurants	
<b>4</b>	Social media, phones and friends and how our phones affect us.	Self image - identifying positives about yourself	Healthy eating, trying new foods from different cultures	
<b>5</b>	What makes us unique?	Self image - how others can affect this and strategies	Short term effects of alcohol	
<b>6</b>	Understanding different families (slight touch on LGBTQ+)	Self image - how to support others when they are struggling	Short term effects of smoking and vaping	
<b>7</b>	The difference between banter and bullying	How to deal with emotional changes during puberty	Classifications of drugs	
<b>8</b>	Supporting someone being bullied and who to tell about this	Where to go and who you could go to if you are suffering with poor mental health	Physical changes during puberty	
<b>9</b>	Learning about key rights	CBT - our habit cycles	Personal Hygiene	

10	How to express romantic interest	How we can challenge attitude to mental health	Covid and its effects	
11	Consent and what it is (non-sexual)	School ethos and how it fits with you	FGM – Understanding what it is and how we can support others	
12	Healthy Romantic Relationships	Finding space in a busy world		
13	Learning about the risks of 'sexting' and the law surrounding it. (intro)			

## YEAR 8 - Respect and Digital Resilience

	RELATIONSHIPS AND SEX	MENTAL HEALTH	PHYSICAL HEALTH	WIDER WORLD
1	Prejudice, Impact and Intentions	How can we challenge myths and stigma: attitudes towards mental health.	Oral health and the importance of your smile	What is Tax? Government Spending
2	Understanding stereotypes and the damage they can cause.	How can we safeguard our daily mental wellbeing?	Vaping: myths, misconceptions and laws relating to legal substances	Tax, National Insurance, Expenditure
3	Knowing the difference between extremism and terrorism.	How can we manage our positive and negative emotions?	Personal safety: how to prevent risks to health, wellbeing and safety.	Starting your career journey
4	Understanding the factors that contribute to extremist ideologies and how to prevent radicalisation.	How can we develop digital resilience?	How to handle an emergency: basic first aid, getting help and CPR. (Taught by a Paramedic)	Environment and Consumerism. Child labour, palm oil, boycotting.
5	Accepting that others have opinions	Unhealthy coping strategies including self harm / eating.	Good sexual health: knowing about the risks of the spread of infection.	Stereotypes and Prejudice: Homophobia
6	Consent and how to accept rejection	Healthy ways to manage difficult feelings.	Understanding contraceptives in sex and how to access them.	Voting and Politics
7	Learning about the risks of sexting and the law surrounding it.	Promoting emotional wellbeing through building resilience.	Understanding the health services and importance of vaccination.	Activism and Protest
8	LGBTQ+	Building resilience online	Learning about cancer: causes, prevention and support.	Teens in the Media

## YEAR 9 - Healthy life choices and wider world issues

	MENTAL HEALTH	RELATIONSHIPS AND SEX	WIDER WORLD	PHYSICAL HEALTH
1	Understanding the relationship between physical and mental health	Understanding peer pressure and the dangers it poses.	Exploring jobs and opportunities	Knowing about drugs: what they are, resisting peer pressure and their effect on mental health
2	How can we balance work, leisure, exercise and sleep?	Knowing what is meant by child exploitation and how to avoid being lured into dangerous relationships.	Enterprise and Entrepreneurship (self-employment)	Understanding the effects of substance use on the body and the mind.
3	How can we manage the influence on body image from social and other media and what are the effects on our mental health?	Knowing the difference between healthy and unhealthy relationships including domestic violence.	Law & Young Offenders	The importance of sleep and how a lack of sleep affects wellbeing.
4	What is addiction?	Exploring the relationship between body image, focusing on eating disorders.	Human Rights	Knowing the factors that affect sleep and strategies for better sleep.
5	How can we manage change and loss when it is out of our control?	'Selfies': Understanding the pressure and expectation of online image and body shaming.	Consumer Rights	Understand the science relating to organ and stem cell donation
6	How can we resist peer pressure and substance misuse?	Recognise consent in practice and how to negotiate consent.	Politics & Voting	Responsible health choices- blood donation and vaccinations
7	How can we balance our time online?	Looking at the role of consent in a sexual relationship.	Political Parties and Ideologies	Understanding the risks and consequences of gambling.
8		Learning about identity through LGBTQ+ and respecting differences	Politics and the media (Fake News)	Know the importance of self examination and screening.

## YEAR 10 - Ethical conflicts and the law

	PHYSICAL HEALTH	RELATIONSHIPS AND SEX	WIDER WORLD	MENTAL HEALTH
1	Body art and artificial bodies: risks of cosmetic and aesthetic procedure	Managing conflict and strategies to reconcile disagreements.	Crime, Knives & Gangs	How do we face new challenges
2	Understanding relationships with role models and their impact.	Understanding gender prejudice and different types of feminism.	Fake News & Critical Thinking	How can we reframe negative thinking
3	Understanding the physical and psychological risks of alcohol.	Looking at sexual orientation, same sex relationships (LGBTQ+), homophobia and the law.	Overt & Covert Racism	What strategies do we know to promote mental health and emotional wellbeing?
4	County lines: exploring what they are, the risks involved and the law.	Long term commitments and legal status: marriage	Writing a Winning CV	How can we recognise the signs of emotional or mental ill-health
5	Knife crime: causes, consequences and the law. Other weapons like acid.	Knowing the difference between and laws relating to forced and arranged marriages.	What Career For Me?	How can we access sources of support and counsel/treatment for ourselves, and point others to them?
6	Show Racism the red card: Understanding prejudice.	Understanding the roles and responsibilities of parents	Why Do People Become Extremists?	How does the media portray mental health?
7	Understanding body positivity and strategies for negative thoughts.	Knowing what constitutes stalking, harassment, sexual harassment and the law including consent	Parliament: Commons/Lords	Exam stress and how to handle it
8	Learning about obesity and how to look after our weight.	Understanding the risks and damage of revenge pornography.	Political Debate and appreciating different opinions	

## YEAR 11 - Staying safe as an adult

	MENTAL HEALTH	WIDER WORLD	PHYSICAL HEALTH	RELATIONSHIPS AND SEX
1	How can we manage the judgement of others and challenge stereotyping	Cybercrime & Fraud	Sleep deprivation and how it affects the body and school life.	Privilege in our current society
2	How can we balance our ambition against unrealistic expectations	Trade Unions	Knowing what is meant by fertility and how it can differ for people.	Understanding the importance of happiness and wellbeing.
3	how can we develop self-efficacy, including motivation, perseverance and resilience	Immigration and globalization	Learning about healthy pregnancies, miscarriage and support available.	Intimacy without sex
4	how can we maintain a healthy self-image of ourselves?	Multiculturalism	Unplanned pregnancies: support, choices and sexual health services	The effect of inebriation and being safe in our sexuality.
5	What is the nature, cause and effect of stress? What do we know about stress management strategies?	Making an Impact at Interviews	Personal health responsibility: the importance of self-examination	Knowing what the law says about consent, rape and where to find more information.
6	What do we know about positive and safe ways to create content online and the opportunities this offers	Post-16 Choices: What Can I Do After GCSEs? Introducing the Unifrog platform to pupils.	Unhealthy behaviours: habits, addictions and support available.	Exploring ways of dealing with relationship break ups