

Year group	7	8	9	10	11
<b>Term 1</b>					
Lesson 1	Transition points	Health and Wellbeing	Self-esteem	Common types of mental health	Testicular and prostate cancer
Lesson 2	Getting to know people	What is mental health?	Bullying	Self-harm	Cervical, breast and ovarian cancer
Lesson 3	Careers and your future	Positive body image	Grief and loss	Promoting emotional wellbeing	Love and abuse
<b>Term 2</b>					
Lesson 1	Consent and boundaries	Healthy relationships	Sexual consent and the law	Pleasure and delaying sexual activity	Fertility and What Impacts it
Lesson 2	Respect and relationships	Dealing with conflict	FGM and the law	Revisiting STI's	Alcohol parties and bad choices
Lesson 3	Friendships and online relationships	Periods and menstrual cycle	Relationships and partners	Sexting and nudes	Sexual Health
Lesson 4	Pressure influence and friends	Introduction to contraception	Domestic abuse/violence	Online pornography	Respect love and relationships including online
<b>Term 3</b>					
Lesson 1	What is your identity	Equality act and removing barriers	From failure to success	Employment rights	Post 16 options – theatre year group session
Lesson 2	Multicultural Britain/breaking down stereotypes	LGBTQ+	KS4 Options	Work experience	Online presence
Lesson 3	Prejudice and discrimination	Racism	Careers	Unhealthy relationships and sexual assault	Teenage pregnancy and contraception
<b>Term 4</b>					
Lesson 1	Alcohol safety	Career aspirations	STI's	Honour based violence	Revision and preparation for exams
Lesson 2	Smoking and vaping	Employability and enterprise	Contraception	Abortion laws	Revision and preparation for exams

Lesson 3	Energy drinks and caffeine	Sexual orientation	Peer on peer abuse	Parenthood for teenagers	Revision and preparation for exams
<b>Term 5</b>					
Lesson 1	Introduction to puberty	Stress management	Sexual harassment	Online gambling	Revision and preparation for exams
Lesson 2	Personal hygiene	Types of bullying	What is a drug and different types?	Sexualisation of the media	Revision and preparation for exams
Lesson 3	Growing up	Healthy eating and cholesterol	County lines – who is at risk?	Causes of knife crime	Revision and preparation for exams
<b>Term 6</b>					
Lesson 1	First aid	Substance misuse	Saving and managing money	Extremism/ Radicalisation process	
Lesson 2	Sleep and relaxation	Cyberbullying	Social media and online stress	Forced marriage/Honour based violence	
Lesson 3	Financial education	Child exploitation and online protection	Assertiveness	Hate crime and the UK	