

	Topic	Area	Year 7 (Form)	Year 7 (lesson)	Area	Year 8	Theme	Year 9	Area	Year 10	Area	Year 11
Autumn Term 1		Relationships & Sex Education	R1: Getting Ready for High School		Relationships & Sex Education	R19: Managing Unhealthy & Toxic Relationships	Health and Wellbeing	HW25: The Happiness Trap	Relationships & Sex Education	R1: The Spectrum of Relationships	Relationships & Sex Education	R13: Fertility & Pregnancy
			R2: Connecting With Your Teachers			R20: Repairing Relationships		HW26: Managing Anxiety		R2: Recognising Signs of Coercive Control		R14: Navigating Pregnancy Choices
			R3: From Strangers to Friends			R21: Peer Pressure Survival Guide		HW27: Combating Negative Self Talk		R3: Sexting		R15: Differences Between Forced & Arranged Marriages
			R4: Building A Sense of Belonging			R22: Together Against Bullying		HW28: Thinking Traps		R4: The Distorted Reality of Pornography		R16: Parenting for Today's World
			R5: Communication Styles			R23: Online Relationships		HW29: Mental Benefits of Exercise		R5: Fertility & Reproductive Health		R17: Navigating Sexual Safety
Autumn Term 2		Health and Wellbeing	R6: Asking For Help		Living in the Wider World	R24: The Many Forms of Relationships	Relationships & Sex Education	HW30: Expressing Gratitude	Living in the Wider World	R6: Self-Examination and Screening	Living in the Wider World	R18: Sexual Violence & Abuse
			HW1: Combat Worry, Stress & Anxiety			L7: Sharing Information Online		R31: Safe & Healthy Sex		L1: Is It Worth A Gamble?		L3: Striving for Equality
			HW2: Dealing With Worry			L8: The Limitless Internet		R32: Sexually Transmitted Infections		L2: Phone Addiction		L4: Discrimination and the Equality Act
			HW3: The Stress Scale			L9: Viewing Harmful Content		R33: Reproductive Health		L3: Keeping Your Online Data Safe		L5: Stereotypes & Prejudice
			HW4: Controlling Our Emotions			L10: Gender-Based Discrimination		R34: Pregnancy Choices		L4: Multi-Cultural Society		L6: Gender Biases
	HW5: Five-Minute Meditation		L11: Racism and Discrimination	R35: Forced Marriages	L5: Respecting Difference	L7: Gambling Addiction						
	HW6: Rewiring Your Brain		L12: Homophobia	R36: Respecting Transgender Identities	L6: The Hidden scars of knife crime	L8: Respecting Human Rights						
Spring Term 1	13/01/2025	Living in the Wider World	L1: Managing Privacy Online	Developing Leadership Skills	Health and Wellbeing	L13: First Aid Beyond Emergencies	Living in the Wider World	L25: Saving Lives With First Aid	Health and Wellbeing	HW2: Developing Emotional Awareness	Relationships & Sex Education	R19: Will You Marry Me?
	20/01/2025		L3: Social Media Addiction	From Overwhelmed to Organised		L14: Oral Hygiene		L26: Substance Addiction		HW3: Managing Stress & Overthinking		R20: Contraception Considerations
	27/01/2025		L4: Alcohol And Your Health	Growth Mindset in Action		L15: Health & Hygiene		L27: Informed Drug & Alcohol Choices		HW4: Countering The Negativity Bias		R21: Sex & Substances
	03/02/2025		L5: Smoking and Nicotine Addiction	Real Life Resilience		L16: The Mind-Body Connection		L28: Drugs and County Lines		HW5: Drugs		R22: Safe Relationships Online
	10/02/2025		L6: Vaping: A Global Dilemma	Conflict Resolution		L18: Alcohol and Social Inhibitions		L29: The Truth About Vaping		HW6: Prescription Medication Misuse		R23: Discovering Your Life's Purpose
Spring Term 2	24/02/2025	Relationships & Sex Education	R7: How To Have Healthy Relationships	Gender Identity	Relationships & Sex Education	R25: Understanding Consent	Health and Wellbeing	HW31: The Positivity Mindset	Relationships & Sex Education	R7: Understanding Sexual Consent	Health and Wellbeing	HW13: Party Drugs
	03/03/2025		R8: Building Stronger Friendships	Gender Norms and Expectations		R26: Power Dynamics & Consent		HW32: Random Acts Of Kindness		R8: Different Kinds of Intimacy		HW14: Alcohol Dependence & Excessive Drinking
	10/03/2025		R9: The Changing Adolescent Body Third session = MCQ assessment	Breaking Down Stereotypes Written assessment task		R27: Contraceptive Essentials Third session = MCQ assessment		HW33: Healthy Food Choices Third session = MCQ assessment		R9: Gender Identity & Sexual Orientation		HW15: Alcohol Third session = MCQ assessment
	17/03/2025		R10: Body Changes During Puberty	Examining the Equality Act 2010		R28: Discussing Pornography		HW34: Evaluating Eating Habits		R10: Female Genital Mutilation Third session = MCQ assessment		HW16: Building Resilience
	24/03/2025		R11: Tackling Cyberbullying	Digital Footprint		R29: Assessing The Trustworthiness of Others		HW35: Character Strengths in Focus		R11: Sharing Illegal Images		HW17: Setting Goals that Drive Success
31/03/2025	R12: Understanding Bullying Student voice	Respecting and Celebrating Religious Diversity Student voice	R30: Introduction to FGM Student voice	HW36: Assessing Your Mindset Student voice	R12: The Psychology of Bullies Student voice	HW18: Exam Stress Student voice						
Summer Term 1	21/04/2025	Health and Wellbeing	HW7: The Balanced Diet	De-Stressing Toolbox	Living in the Wider World	L19: Knife Crime	Relationships & Sex Education	R37: Put A Ring On It	Living in the Wider World	L7: Unrealistic Online World	Exams	
	05/05/2025		HW8: Sleep Essentials	A Letter of Appreciation		L20: Drug Laws UK		R38: Relationships & Their Legal Status		L8: Online Radicalisation		
	12/05/2025		HW9: Phones And Sleep	Exploring Personal Values		L21: Exploring the Democratic Process		R39: Avoiding & Preventing Harassment		L9: Extremism and fundamentalism		
	19/05/2025		HW10: Investing In Your Health	Mental Health Monitoring		L22: How laws are made		R40: Online grooming		L10: Violence and exploitation by gangs		
	02/06/2025		HW11: Healthy & Balanced Lifestyles	My Authentic Self		L24: The Role of the Courts & Tribunals		R41: Rising Above Cyberbullying		L12: R.E.S.P.E.C.T		
Summer Term 2	08/06/2025	Relationships & Sex Education	HW12: Healthy Eating, Healthy Living	Mindfulness in Action	Health and Wellbeing	L23: Respecting and Celebrating Religious Diversity	Living in the Wider World	R42: Positive vs Negative Humour	Health and Wellbeing	L11: Fake News & Misinformation	Exams	
	16/06/2025		R13: Different Types of Families Third session = MCQ assessment	Reconciling Relationships Written assessment task		HW19: Overcoming Limiting Beliefs Third session = MCQ assessment		L31: Breaking Down Toxic Masculinity		HW7: Understanding Vaccination And Immunisation		
	23/06/2025		R14: Positive Parenting	Strengthening Relationships		HW20: Resilience Toolkit		L32: Organ Donation Third session = MCQ assessment		HW8: Vaping Crackdown		
	30/06/2025		R15: Safe & Healthy Relationships	Sexualisation in the Media		HW21: Optimising Character Strengths		L33: Understanding Eating Disorders		HW9: Smoking & Your Health Third session = MCQ assessment		
	07/07/2025		R16: R U OK?	Healthy vs Unhealthy Relationships		HW22: Strengths-Based Thinking		L34: Volunteering In My Community		HW10: Sleep, Exercise & Diet		
14/07/2025	R17: Sexual Consent	Privilege and Disadvantage	HW23: Taking Control With Worry Time	L35: Instagram vs Reality	HW11: Embracing Emotional Agility							
	R18: Building Healthy Relationships	Overthinking & Catastrophising	HW24: Changing Emotions	L36: S.M.A.R.T Goals	HW12: Inclusivity & Belonging							