

Year 7	<p>Transition (2 lessons) Transition to secondary school Starting in secondary school</p> <p>NEW Making new friends</p>	<p>Identity (1 lesson) Exploring Identities and similarities. Exploring Identities and similarities</p>	<p>Identity (1 lesson) Exploring identities and differences. Exploring Identities and differences</p>	<p>Community (1 lesson) Appreciating diversity What is a community?</p>	<p>Community (2 lesson) Identifying and challenging bullying Identifying and understanding bullying</p> <p>NEW Challenging bullying - the bystander effect.</p>	<p>Body awareness (2 lessons) Knowing your body Knowing Your Body - reproductive systems</p> <p>NEW Knowing your body - reproductive systems and sex</p>	<p>Body awareness Body Image Body Image and self care</p>	<p>Body Awareness Puberty Bodily Changes Through Puberty</p>	<p>Body Awareness (2 lessons) Periods Introduction to Periods</p> <p>NEW Period positivity</p>	<p>Body Awareness Developing sexuality Developing sexual awareness Developing sexuality</p>	<p>Body Awareness Privacy and consent Privacy and Consent</p>	<p>Body Awareness (2 lessons) FGM and Forced Marriage</p> <p>FGM - Female Genital Mutilation NEW FGM - Child Forced Marriage</p>	<p>Independence (3 lessons) Safety and First Aid</p> <p>Introduction to First Aid NEW Introduction to Fire Safety Personal safety in everyday life</p>	<p>Independence Making choices about health</p> <p>Making healthy choices - personal hygiene Making healthy choices - eating and sleep</p>	<p>Independence Making choices with friends and online Evaluating influences</p>
Year 8	<p>Relationships (3 lessons) Family relationships Introduction to relationships Introduction to family relationships Maintaining healthy family relationships</p>	<p>Relationships (2 lessons) Healthy and unhealthy relationships incl online Healthy friendships Romantic relationships</p>	<p>Relationships (1 lesson) Intimate relationships Physical intimacy</p>	<p>Relationships (2 lessons) Boundaries and consent, incl. sexting Unhealthy relationships, boundaries and consent Relationships and intimacy online</p>	<p>Relationships (1 lesson) Contraception Introduction to contraception</p>	<p>Wellbeing Knowing your rights Know your rights</p>	<p>Wellbeing (2 lessons) Online wellbeing Online wellbeing - Fake news and echo chambers Online wellbeing - Online safety, grooming and self-esteem</p>	<p>Wellbeing Media influence Media influence</p>	<p>Wellbeing Media influence on body image Media influence on body image</p>	<p>Wellbeing Link between physical health and mental wellbeing Wellbeing - physical and mental wellbeing</p>	<p>Wellbeing Attitudes to mental health Attitudes to mental health - Recognising and dealing with emotions</p>	<p>Wellbeing (2 lessons) Alcohol and drug misuse Alcohol and smoking/vaping Drug (mis)use</p>			
Year 9	<p>Transition (4 lessons) Transition to KS4. Dealing with change in life Study skills, resilience and managing stress Basics of mental health NEW Managing mental health including self-harm</p>	<p>Identity (1 lesson) Identities and belonging Peer pressure, exploitation and knife crime</p>	<p>Identity (1 lesson) Exploring Identities critically Forms of discrimination and allyship</p>	<p>Community (3 lessons) Appreciating diversity Discrimination and prejudice NEW Understanding racism NEW Anti-racism</p>	<p>Community (3 lessons) Identifying abusive relationships Sexual violence and harassment Part 1 NEW Sexual violence and harassment Part 2 Sexual violence and harassment Part 3</p>	<p>Body awareness Cultivating a positive relationship with body Cultivating a positive relationship with your body</p>	<p>Body awareness Body Image Body Image 1 - Depictions of relationships and sexuality Body Image 2 - Beauty standards</p>	<p>Body Awareness Puberty and hormones Body changes through puberty</p>	<p>Body Awareness Periods - cycle awareness and period poverty Cycle Awareness and Period Poverty</p>	<p>Body Awareness Developing sexuality and readiness for sex Developing sexuality and readiness for sex</p>	<p>Body Awareness Consent Consent - Part 1 Consent - Part 2</p>	<p>Body Awareness Sexual Health and STIs Sexual Health and STIs</p>	<p>Independence (3 lessons) Safety and First Aid Personal safety - Drugs and drug-related emergencies NEW Personal safety - Alcohol and alcohol related emergencies Online safety- scams and gambling</p>	<p>Independence Making choices about health and health prevention Making healthy choices - Preventing cancer and heart disease</p>	<p>Independence Evaluating influence Managing peer pressure</p>
Year 10	<p>Relationships (2 lessons) Stable, committed relationships Marriage and civil partnerships Becoming a parent</p>	<p>Relationships (1 lesson) Healthy family functioning Family relationships and value conflicts</p>	<p>Relationships (1 lesson) Respectful Relationships Communication and vulnerability in relationships</p>	<p>Relationships (1 lesson) Unhealthy relationships Abusive relationships NEW Sexual violence NEW Sexual violence - Gender stereotypes</p>	<p>Relationships (2 lessons) Making sexual choices and pregnancy Making decisions about sex Foetal development, pregnancy and abortion</p>	<p>Wellbeing Knowing your rights Know your rights</p>	<p>Wellbeing Online wellbeing Online wellbeing</p>	<p>Wellbeing Media influence and role models Media influence and gangs</p>	<p>Wellbeing Media influence and persuasion Media influence, radicalisation and extremism</p>	<p>Wellbeing Conversations about mental health Conversations about mental health</p>	<p>Wellbeing Mental wellbeing Mental wellbeing</p>	<p>Wellbeing Alcohol and drug misuse Alcohol and Drug Misuse - Addiction and responsibility for others</p>	<p>Independence Safety and First Aid First Aid - CPR, AEDs, wounds and choking</p>	<p>Independence Making choices about health and health prevention Making healthy choices - cosmetic and plastic surgery Making healthy choices - organ donation, vaccines and health clinics</p>	<p>Independence Creating influence Creating influence</p>
Year 11	<p>Transition (1 lesson) Transition to more responsibility Adulting, self worth and celebrating successes</p>	<p>Identity (1 lesson) Exploring identities deeper Identity and mental health</p>	<p>Identity (2 lessons) Exploring Identities critically Gender norms Gender Identities</p>	<p>Community (1 lesson) Appreciating diversity Appreciating diversity</p>	<p>Community (1 lesson) Identity and power dynamics, Bereavement and grieving Gender stereotypes and relationships Grief</p>	<p>Body awareness Connecting with body and emotions mindfully Connecting with yourself mindfully - Stress Connecting with yourself mindfully - Self-Concept and motivation</p>	<p>Body awareness Body Image in media Body image in media - pornography</p>	<p>Body Awareness Body image dangers Body Image Dangers</p>	<p>Body Awareness Parenthood and fertility Parenthood and Fertility - Choices in parenthood, pregnancy, and birth Parenthood and Fertility - Routes to parenthood, infertility and miscarriages</p>	<p>Body Awareness Developing sexuality and readiness for sex Developing sexuality and readiness for sex</p>	<p>Body Awareness Consent Consent - Pressure and dealing with rejection</p>	<p>Body Awareness Sexual Health and STIs Sexual Health and STIs</p>			
Year 12	<p>Relationships (1 lesson) Relationship values What kind of person do I want to be for and with others?</p>	<p>Relationships (1 lesson) Healthy family functioning Sharing with others</p>	<p>Relationships (2 lessons) Managing changing relationships Managing intimate relationships Maintaining old and developing new relationships</p>	<p>Relationships (1 lesson) Improving or ending relationships Ending and improving relationships</p>	<p>Relationships (2 lessons) Consent Unhealthy relationships Deepening your understanding of consent Sexual assault and violence</p>	<p>Wellbeing Knowing your rights Know your rights - Sexual and reproductive rights</p>	<p>Wellbeing Online wellbeing Online wellbeing - Bias and extremism</p>	<p>Wellbeing Responsible use of social media Using social media responsibly</p>	<p>Wellbeing Media Influence - Identities and relationships</p>	<p>Wellbeing Conversations about mental health Conversations about mental health</p>	<p>Wellbeing Mental wellbeing Wellbeing and mental health</p>	<p>Wellbeing Alcohol and drug misuse Alcohol and drug misuse - Parties and nights out</p>	<p>Independence Safety and First Aid Personal safety - Travelling in the UK and abroad First aid - Revising basic skills and deepening understanding NEW First aid - Revising basic skills and deepening understanding 2</p>	<p>Independence Making choices about health and health prevention Making healthy choices and preventing illness</p>	<p>Independence Making choices with friends and online Creating Influence - Volunteering</p>
Year 13	<p>Transition (2 lessons) Moving out to University What next? Thinking about the future and leaving home Staying healthy</p>	<p>Identity (1 lesson) Identities and inclusion Exploring discrimination and inclusion</p>	<p>Identity (1 lesson) Exploring Identities critically Norms, values and behaviour</p>	<p>Community (1 lesson) Appreciating diversity Appreciating diversity</p>	<p>Community (1 lesson) Identity and power dynamics Exploring privilege</p>	<p>Body awareness Connecting with body and emotions mindfully Connecting with body and emotions mindfully</p>	<p>Body awareness Looking after your body Looking After Your Body - Healthy food and exercise</p>	<p>Body Awareness Sexual health Sexual Health - Condoms NEW Sexual health - Stealthing</p>	<p>Body Awareness Parenthood and fertility Parenthood and Fertility - Discussing contraception and accessible emergency contraception</p>	<p>Body Awareness Developing sexuality and readiness for sex Developing sexual readiness - Pleasure</p>	<p>Body Awareness Consent Consent</p>				