



	Half-Term 1 Health and wellbeing	Half-Term 2 Living in the wider world	Half-Term 3 Relationships	Half-Term 4 Health and wellbeing	Half-Term 5 Relationships	Half-Term 6 Living in the wider world
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including online safety	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work *Rolling year 8 first aid workshops throughout half term 2 including CPR	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, ‘sexting’, and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices	Intimate relationships Intimate relationships including consent, contraception, the risks of STIs, and attitudes to pornography	Employability skills Employability and online presence
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities and belonging, challenging extremism and recognising radicalisation	Effective study skills How to maintain effective revision practice for mock and further education and career progression
Year 11	Building for the future Self-efficacy, stress management, and future opportunities	Next steps Application processes, and skills for further education, employment and career progression	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Independence Responsible health choices, and safety in independent contexts	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	



Year 12	Mental health and emotional wellbeing Changes in mental health, accessing the most appropriate support, managing stress and anxiety	Next steps Options after Sixth Form, interview and CV workshops, employment rights, financial choices, credit agreements and loans, online presence	Forming and maintaining relationships Relationship values, forming friendships in new places, relationship difficulties, consequences of not respecting consent, recognising signs of abuse	Healthy lifestyles and safety as an adult Maintaining a healthy work-life balance, being safe abroad, being a safe driver and passenger, getting home safely, effects of alcohol and drug use on road safety, reputation and career	Personal and sexual health Recognising harassment and stalking, de-escalating aggressive social situations, celebrating cultural diversity, revisiting contraception, STIs and unplanned pregnancies	
----------------	---	---	---	---	--	--

*Each half term, allocated time (minimum of 1 hour) offered to flexible topic delivery; this may cover current affairs, national awareness days, visiting external workshops, curriculum recovery, and links to community agenda.