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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	<p>MENTAL WELLBEING Self-esteem, self-confidence and coping with changes</p>	<p>RESPECTFUL RELATIONSHIPS, INCL. FRIENDSHIPS Positive and healthy friendships and practical steps to improve respectful relationships</p>	<p>RESPECTFUL RELATIONSHIPS, INCL. FRIENDSHIPS To treat and be treated with respect in school and society and impact of bullying</p>	<p>PHYSICAL HEALTH AND FITNESS Healthy eating and risks associated to poor diet and unhealthy lifestyles</p>	<p>ONLINE AND MEDIA How information and data is collected and shared online</p>	<p>INTIMATE AND SEXUAL RELATIONSHIPS, INCL. SEXUAL HEALTH Identifying and managing peer pressure</p>
	<p>INTIMATE AND SEXUAL RELATIONSHIPS INCL. SEXUAL HEALTH Changing adolescent body and puberty and menstrual wellbeing</p>			<p>ONLINE AND MEDIA Rights, responsibilities and opportunities online</p>	<p>HEALTH AND PREVENTION Personal hygiene and managing health incl. sleep, hydration and sun exposure</p>	
	<p>CAREERS Career talks with professionals from different career pathways</p>			<p>CAREERS To learn leadership skills. To learn team skills.</p>		
	<p>FAMILIES Different types of stable relationships which can contribute to human happiness</p>			<p>RELIGION, INCL. FAITH, RESPECT AND TOLERANCE To visit places of worship</p>		
8	<p>MENTAL WELLBEING Self-esteem, self-confidence, characteristics of mental and emotional health</p>	<p>HEALTH AND PREVENTION Immunisations, vaccinations and allergies</p>	<p>ONLINE AND MEDIA Online risks including consent and sharing material</p>	<p>ONLINE AND MEDIA Misinformation, disinformation and cybercrime</p>	<p>INTIMATE AND SEXUAL RELATIONSHIPS, INCL. SEXUAL HEALTH Characteristics and positive aspects of healthy one-to-one relationships</p>	<p>RESPECTFUL RELATIONSHIPS, INCL. FRIENDSHIPS How stereotypes based on sex, gender, race, religion, disability can cause damage</p>
	<p>CAREERS To develop financial awareness</p>	<p>PHYSICAL HEALTH AND FITNESS Maintaining a healthy lifestyle and links between an inactive lifestyle and ill health. Concepts of basic first aid and emergency services.</p>		<p>CAREERS To learn about the local labour market.</p>		
	<p>INTIMATE AND SEXUAL RELATIONSHIPS, INCL. SEXUAL HEALTH Facts about reproductive health, fertility and menopause.</p>	<p>RELIGION, INCL. FAITH, RESPECT AND TOLERANCE To visit places of worship</p>				
9	<p>MENTAL WELLBEING Characteristics of mental and emotional health and coping with changes</p>	<p>FAMILIES Determining whether people are trustworthy and safe</p>	<p>ONLINE AND MEDIA Impact of viewing sexually explicit material including pornography</p>	<p>MENTAL WELLBEING Social media, role models and impact on self-esteem</p>	<p>INTIMATE AND SEXUAL RELATIONSHIPS, INCL. SEXUAL HEALTH Characteristics of healthy intimate relationships and how the choices we make in relationships can impact our health</p>	<p>INTIMATE AND SEXUAL RELATIONSHIPS, INCL. SEXUAL HEALTH Identifying and managing sexual pressure and choice to delay sex</p>
	<p>CAREERS To learn about own strengths and how these may relate to a future career</p>	<p>RESPECTFUL RELATIONSHIPS, INCL. FRIENDSHIPS Rights and responsibilities regarding equality</p>		<p>BEING SAFE Concepts and laws regarding FGM</p>	<p>CAREERS To learn about a variety of roles within STEM. To learn about the local labour market.</p>	
	<p>HEALTH AND PREVENTION Maintaining a healthy lifestyle, weight loss, eating disorders and dieting</p>	<p>RELIGION, INCL. FAITH, RESPECT AND TOLERANCE To visit places of worship</p>				