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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1 0	<b>MENTAL WELLBEING</b> Developing self-awareness, goal-setting, adaptability and organisation skills. Managing transition to KS4 incl. learning skills.	<b>ONLINE AND MEDIA</b> Attitudes to mental health and emotional wellbeing; Digital resilience; Body image, Healthy and unhealthy coping strategies.	<b>RESPECTFUL RELATIONSHIPS, INCL. FRIENDSHIPS</b> Violent and criminal behaviour in relationships, including coercive control	<b>FAMILIES</b> Roles and responsibilities of parents with respect to raising children and characteristics of successful parenting.	<b>HEALTH AND PREVENTION</b> Sexually transmitted diseases including HIV, AIDS, STI's and STD's, impact and treatment.	<b>FAITH, RESPECT AND TOLERANCE</b> Concepts and laws relating to extremism and radicalisation
	<b>HEALTH AND PREVENTION</b> Coping strategies for illnesses like self-harm, cutting, binge and purge. Mental health incl. self-harm and eating disorders.	<b>HEALTH AND WELLBEING</b> Making informed choices regarding a healthy lifestyle, incl. nutrition, physical activity, sleep and spending time with family and friends.		<b>HEALTH AND PREVENTION</b> Pregnancy facts including miscarriage and contraception.		
	<b>MENTAL AND EMOTIONAL WELLBEING</b> The impact of loneliness. Managing challenges and taking care of mental and emotional wellbeing.	<b>ONLINE AND MEDIA</b> Criminal consequences of viewing and sharing indecent images of children	<b>INTIMATE RELATIONSHIPS</b> Concepts and laws regarding coercion and forced marriage	<b>FAMILIES</b> Pregnancy choices, fertility, abortion, fostering and adoption	<b>HEALTH AND PREVENTION</b> Medical procedures incl. organ, blood and stem cell donations	<b>FAITH, RESPECT AND TOLERANCE</b> Communities belonging and challenging extremism
	<b>CAREERS</b> Developing interview skills for college/apprenticeship application process	<b>CAREERS</b> Equality of opportunity in careers and life choices.			<b>CAREERS</b> Different types and patterns of work. Work experience	
1 1	<b>MENTAL AND EMOTIONAL WELLBEING</b> Managing challenges and taking care of mental and emotional wellbeing incl. stress, anxiety and depression.	<b>INTIMATE RELATIONSHIPS</b> Sexual harassment				
	<b>HEALTH AND PREVENTION</b> Cancer - esp. breast-cancer awareness, self-examination and prevention.	<b>INTIMATE RELATIONSHIPS</b> Concepts and laws relating to sexual consent, sexual exploitation, grooming and rape.				
	<b>CAREERS</b> CV writing, Personal statement	<b>HEALTH AND PREVENTION</b> Alcohol and drugs misuse and pressures relating to substance use				