

		Year 7			
	Area	Code	Lesson	Area	Code
Autumn Term 1	Relationships & Sex Education	R1	Connecting With Your Teachers	Relationships & Sex Education	R13
		R2	From Strangers to Friends		R14
		R3	How To Have Healthy Relationships		R15
		R4	Tackling Cyberbullying		R16
		R5	Understanding Bullying		R17
		R6	Safe & Healthy Relationships		R18
		R7	Different Types of Families		R19
Autumn Term 2	Living in the Wider World	L1	Examining the Equality Act 2010	Health and Wellbeing	HW19
		L2	The Role of Courts & Tribunals		HW20
		L3	Making Sense of Money		HW21
		L4	Budgeting Basics		HW22
		L5	Bank Accounts		HW23
		L6	Smart Saving Strategies		HW24
Spring Term 1	Health and Wellbeing	HW1	Combat Worry, Stress & Anxiety	Living in the Wider World	L7
		HW2	Dealing With Worry		L8
		HW3	The Stress Scale		L9
		HW4	Controlling Our Emotions		L10
		HW5	Five-Minute Meditation		L11
		HW6	Rewiring Your Brain		L12
Spring Term 2	Health and Wellbeing	HW7	Managing Privacy Online	Health and Wellbeing	HW25
		HW8	The Dangers Of Your Internet Algorithm		HW26
		HW9	Social Media Addiction		HW27
		HW10	Alcohol And Your Health		HW28
		HW11	Smoking and Nicotine Addiction		HW29
		HW12	Vaping: A Global Dilemma		HW30
Summer Term 1	Relationships & Sex Education	R8	Positive Parenting	Relationships & Sex Education	R20
		R9	The Changing Adolescent Body		R21
		R10	Body Changes During Puberty		R22
		R11	Sexual Consent		R23
		R12	Building Healthy Relationships		R24
Summer Term 2	Health and Wellbeing	HW13	The Balanced Diet	Health and Wellbeing	HW31
		HW14	Sleep Essentials		HW32
		HW15	Phones And Sleep		HW33
		HW16	Investing In Your Health		HW34
		HW17	Healthy & Balanced Lifestyles		HW35
		HW18	Healthy Eating, Healthy Living		HW36
					Deep Fakes and AI

Year 8	Year 9		
Lesson	Area	Code	Lesson
Managing Unhealthy & Toxic Relationships	Health and Wellbeing	HW37	The Happiness Trap
Repairing Relationships		HW38	Managing Anxiety
Peer Pressure Survival Guide		HW39	Combating Negative Self Talk
Together Against Bullying		HW40	Thinking Traps
Online Relationships		HW41	Mental Benefits of Exercise
The Many Forms of Relationships		HW42	Expressing Gratitude
Understanding Consent		HW49	The Positivity Mindset
Sharing Information Online	Living in the Wider World	L13	Volunteering In My Community
The Limitless Internet		L14	How laws are made
Viewing Harmful Content		L15	Budgeting and Long Term Goals
Gender-Based Discrimination		L16	Introduction to Investment
Racism and Discrimination		L17	Financial Risk
Homophobia		L18	Fraud and Theft
Exploring the Democratic Process	Health and Wellbeing	HW43	Saving Lives With First Aid
Respecting and Celebrating Religious Diversity		HW44	Substance Addiction
A History of Money		HW45	Informed Drug & Alcohol Choices
Taking control of my money		HW46	Drugs and County Lines
Introducing the Economy		HW47	The Truth About Vaping
Fundamentals of Business		HW48	Instagram vs Reality
First Aid Beyond Emergencies	Relationships & Sex Education	R25	Safe & Healthy Sex
Oral Hygiene		R26	Sexually Transmitted Infections
Health & Hygiene		R27	Reproductive Health
The Mind-Body Connection		R28	Pregnancy Choices
Drug Awareness		R29	Forced Marriages
Alcohol and Social Inhibitions		R30	Respecting Transgender Identities
Power Dynamics & Consent	Health and Wellbeing	HW50	Healthy Food Choices
Contraceptive Essentials		HW51	Evaluating Eating Habits
Discussing Pornography		HW52	Character Strengths In Focus
Assessing The Trustworthiness of Others		HW53	Understanding Eating Disorders
Introduction to FGM		HW54	Organ Donation
Overcoming Limiting Beliefs		R31	Empowering Positive Masculinity
Optimising Character Strengths	Relationships & Sex Education	R32	Relationships & Their Legal Status
Strengths-Based Thinking		R33	Avoiding & Preventing Harassment
Taking Control With Worry Time		R34	Online Grooming
Changing Emotions		R35	Rising Above Cyberbullying
Drug Laws UK		R36	Positive vs Negative Humour
Real Life Resilience			

Year 10				
Area	Code	Lesson	Area	Code
Health and Wellbeing	HW55	Is It Worth A Gamble?	Health and Wellbeing	HW73
	HW56	Phone Addiction		HW74
	HW57	Keeping Your Online Data Safe		HW75
	HW58	The Hidden Scars of Knife Crime		HW76
	HW59	The Rule of Law		HW77
	HW60	The UK's Relationship with the World		HW78
	HW61	Unrealistic Online World		
Relationships & Sex Education	R37	The Spectrum of Relationships	Relationships & Sex Education	R49
	R38	Recognising Signs of Coercive Control		R50
	R39	Sexting		R51
	R40	The Distorted Reality of Pornography		R52
	R41	Fertility & Reproductive Health		R53
	R42	Self-Examination and Screening		R54
Living in the Wider World	L19	Multi-Cultural Society	Living in the Wider World	L25
	L20	Understanding Democracy		L26
	L21	Wages & Payslips		L27
	L22	Different Types of Employment & Income Sou		L28
	L23	Living Independently		L29
	L24	Savings and pensions		L30
Relationships & Sex Education	R43	Understanding Sexual Consent	Health and Wellbeing	HW79
	R44	Different Kinds of Intimacy		HW80
	R45	Gender Identity & Sexual Orientation		HW81
	R46	Female Genital Mutilation		HW82
	R47	Sharing Illegal Images		HW83
	R48	The Psychology of Bullies		HW84
Health and Wellbeing	HW62	Online Radicalisation		
	HW63	Extremism		
	HW64	Violence and exploitation by gangs		
	HW65	Fake News & Misinformation		
	HW66	R.E.S.P.E.C.T		
Health and Wellbeing	HW67	Understanding Vaccination And Immunisation	Exams	
	HW68	Drugs		
	HW69	Prescription Medication Misuse		
	HW70	Vaping Crackdown		
	HW71	Sleep, Exercise & Diet		
	HW72	Inclusivity & Belonging		
		Caring for Your Mental Health		

Year 11

Lesson

Stereotypes & Prejudice

Gender Biases

Gambling Addiction

Striving For Equality

Discrimination and the Equality Act

Respecting Human Rights

Extremism

Fertility & Pregnancy

Differences Between Forced & Arranged Marria

Contraception Considerations

Sex & Substances

Safe Relationships Online

Sexual Violence & Abuse

Public Money (Government and Economy)

The Role of Banks and Financial Institutions

Stock Market

Cryptocurrency and Digital Currencies

Credit & Debt

Insurance

Building Resilience

Party Drugs

Alcohol Dependence & Excessive Drinking

Reframing Failure

Setting Goals that Drive Success

Exam Stress

