

YEAR	Weeks 1-8 Health and Wellbeing	Weeks 9-16 Living in the Wider World	Weeks 17-24 Relationships	Weeks 25-32 Health & Wellbeing	Weeks 33-40 Relationships
7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Financial decision making Saving, borrowing, budgeting and making financial choices	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.
8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks. AVY - passwords, online presence etc in CS AVE - grooming, sextortion, sexting in L4L	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
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, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography
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, belonging and challenging extremism
11	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	Building for the future Self-efficacy, stress management, and future opportunities	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	
Timings from September 2025 Wednesday Sessions will be 8.25-09.00 (35 minutes)					