

	Term 1		Term 2		Term 3	
	Half Term 1	Half Term 2	Half Term 1	Half Term 2	Half Term 1	Half Term 2
	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Year 7	How can I improve on my skills and behaviours? Analysing and planning my personal development. What is a 'Growth Mindset' and how can having one help us achieve and be successful? How can boosting our self-confidence boost our achievement?	What do we mean by a 'healthy lifestyle'? Healthy Living Introduction How can I commit to a healthy life? Living a healthy, active life and exercising What are the risks of smoking and is vaping a good alternative? Why is smoking so bad for us and why must we try to avoid second hand smoke?	How to maintain genuine friendships and avoid toxic ones? Bullying or banter – what is and what isn't acceptable? LGBTQAI+ What does this stand for and what do we need to know about it?	Is it normal to experience romance, love, new feelings in a teen relationships? Puberty – What can I expect? What's normal and why does it happen? Periods – the menstrual cycle and PMS. What do I need to know?	How can we keep safe and positive relationships? How can we prevent online bullying? Online safety: what is online grooming and how can we recognise the warning signs?	What is multiculturalism and what do we gain from this? How can we celebrate diversity? Exploring our unique identities. What does it mean to be a British Citizen? Researching our multiple personal identities. How is the media prejudice towards teenagers and what impact could this have?
Year 8	Emotional Literacy – Why is self awareness and sensitivity important? Why do we need self esteem and how do we build it up? How can we keep good mental health and be resilient?	Why must we be so careful with alcohol? Binge drinking – what is it and is it really that bad for you? What do we need to know about personal safety and first aid? What is CPR? How do we perform this and find sources of life-saving help?	What is contraception and how will it allow me to have safe sex? What are the different STIs? How can we keep good sexual health? What is consent and why is it so important we learn about it?	What is 'sexting' and why should I be bothered about it? Why is pornography so dangerous? FGM – what is it, why is it so serious and what can we all do to help?	Careers Library Treasure Hunt 2 (computer session) Career terminology Your Superhero CV	What are LGBT rights like across the world? Prejudice and Discrimination: Racism and stereotyping Fake news – what is this, why does it exist and how can we spot it? How are Disabled People Portrayed in the Media?
Year 9	What is mindfulness? How can it help us with our mental health? Emotional Literacy – How can I control my anger? How can we keep good mental health and recognise symptoms of depression?	What does the law say about drugs? How does the law deal with young offenders? How does our Criminal Justice System work? What are county lines?	Identifying interests GCSE Choices, Choices Careers library treasure hunt 3 (computer session)	How can we keep good mental health and a positive body image? How can we recognise and prevent developing eating disorders? What are the different types of family and does it matter what kind of family I have?	Domestic abuse – how can we tell the difference between healthy and abusive relationships? CSE- how are children and young people lured into dangerous relationships and what do these look like? What is peer pressure-why is it so powerful and how can we overcome this?	What is racism and why is it wrong? Anti Social Behaviour: Why do people do it and what are the consequences? What is sexism, equality and gender prejudice? Can you have British values and religious views that aren't Christian?
Year 10	How to manage tough times: change, grief and bereavement? Body Positivity – is this always a good thing or does it promote health issues? How can you cope with the pressure of life online and keeping up with other people?	Work experience researching possible placements Work experience how to contact employers Career library Treasure Hunt 4 (computer session)	What are the different types of same sex relationships? What is a forced and arranged marriage? What is harassment and how do you give consent?	Conflict Management: how can we manage and resolve conflict safely? What is revenge porn? How do you have positive relationships with role models?	Why do people misuse prescription drugs and what are the consequences? What are the impacts of knife crime? Personal Safety – keeping myself and my friends safe Internet Safety: How can we protect ourselves from fraudsters and scams?	What are hate crimes and why do they still happen? What is honour based violence and why is it still happening today? Human Trafficking and Modern Slavery-How are these still happening? The equality Act 2010-How are we protected from discrimination?
Year 11	Snoozing to success – the benefits of rest and getting enough sleep How can we keep good mental health and cope successfully with anxiety? What is social anxiety and how can it be managed?	Stalking and harassment: what are these? How does the law protect us? What is coercive control? How do I take responsibility for my sexual health & access advice and treatment?	What is body shaming, is it bullying and why do people do this? How can we manage break-ups amicably and get over a broken heart? What is good sex?	What is the role of a parent? Teenage pregnancy – what issues do young parents face? What do we need to know about fertility and our reproductive health	Why is gambling so addictive and how do online gambling sites hook us in? The Dark Web – What is it and what do we need to know? Why is my digital footprint important?	Study Leave
Sixth form 1st year	Maintaining positive emotional wellbeing throughout life Positive and toxic masculinity: What does it mean to be a good man? How can we relax and de-stress in a healthy way?	Social media: what is 'call-out culture', 'cancelling' and 'online-shaming'? What is cultural appropriation and how can this be offensive? Should we tolerate intolerance? Ageism and prejudice – is there a conflict between the generations?	Class A Drugs – Can anyone end up addicted to these? How? Class B Drugs – What are these and why are they so dangerous? Why do people misuse prescription drugs and what are the consequences?	What are internet subcultures? How can these be extreme or dangerous? What is honour-based violence and why is it still happening today? What is feminism and do we still need it today?	How do I take responsibility for my sexual health & access advice and treatment? What do we need to know about unplanned pregnancies and miscarriage? Sexual relationships: hormones, emotions and one-night stands.	How accurate are media representation of sexuality and relationships? What are sex and gender? How can we use the correct language? What is online and personal branding?
Sixth form 2nd year	What is initiative and why do employers value it? What is problem-solving and why do we need these skills? Why do we need leadership skills?	Are we really in the middle of a 'Culture War'? What are critical thinking skills? Why do we need these in the modern world? Free speech vs hate speech – why do we have hate speech laws in the UK? What is social justice?	What are the risks of cosmetic and surgical enhancements? Healthy Diets: BMI, obesity, food pyramids and eating well Careers and skills for life: motivation and work ethic	Finance: renting and buying – cars, mortgages and more Payday loans – what are these and why can they be so risky? Why do I need to know about pensions at my age?	What do I need to know about festivals, parties, clubbing and drugs? How do date rape and sexual assault happen and how can we report it? What are coercive and controlling relationships? How are they abusive?	How accurate are media representation of sexuality and relationships? What are sex and gender? How can we use the correct language? What is online and personal branding?