

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Managing Change - Personal safety (to and from school) - Safe use of mobile phones - Starting Secondary School - Mental Health basics - What is PSHE? - Getting to know people - What is a community? - Careers and your future - Sleep and relaxation - Proud to be me - Transition points in your life	Friends, respect and relationships - Consent and boundaries - Respect and relationships - What makes a good friend? - Friendships & online relationships - Being positive - Pressure, influence & friends - What does it mean to be a man today?	Staying safe online and offline - Avoiding gangs and criminal behaviour - Staying safe online - Online gaming, grooming and addiction - Alcohol and risk - Nicotine and smoking - E-cigs, vaping and shisha - Energy drinks and caffeine - Knife crime and safety	Puberty & body development - Introduction to puberty - Girl's puberty and periods - Boys puberty - Personal hygiene - Growing up - Self-esteem - Tooth decay and dental health	Money, Media and Modern Society - Government & our Taxes. - Advertising Tricks. - Becoming a responsible citizen - How Deepfakes are being used in politics - How to Avoid Financial Scams. - Latest UK Census Data	Law, crime and society - Building a community - Making decisions - Criminals, law and society - How are laws made? - Prison, reform and punishment

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Year 8	Staying Safe & building respect -Loneliness -Is it Bullying or Banter -Peer Pressure & Risk Taking -Personal Safety -Personal Safety In Public Spaces -Respect and Women -Why Sexist Jokes are Wrong	Physical health and wellbeing -Health and wellbeing -What is mental health -Positive body image -Child abuse -Types of bullying -Healthy eating and cholesterol -Stress management	Identity, relationships and sex education -Relationships and sex education -Being yourself & self-love -Healthy respectful relationships -What is love? -Dealing with conflict -Periods and menstrual cycle -Introduction to contraception -Sexual orientation	Dangerous society, online and offline -County lines, what is it? -County lines, who is at risk? -Substance misuse -Cyberbullying -Online grooming -Alcohol safety -Child exploitation and online protection	Digital Worlds and Emerging Dangers -Deepfakes -Bullying & Digital Media Literacy -What is AI Generated Sexual imagery -AI & Chat Bots -Algorithms and content -AI - How is it changing the way we think? -Illegal Online Behaviours	Celebrating differences -What is your identity? -Multicultural Britain -Importance of being kind -Breaking down stereotypes -Learning disabilities -Prejudice and discrimination -Challenging Islamophobia
Year 9	Equality and diversity -Equality Act 2010 -LGBTQ+ What is it -LGBTQ+ right across the world -Gender equality -Ableism and Disability discrimination -Removing the barriers -Racism and discrimination in society	Body confidence -How self-esteem changes -What is a penis -What is a vulva -Bullying in all its forms -Dealing with grief and loss -Media and airbrushing -Cancer prevention and healthy lifestyles - Introduction to Masculinity and Misogyny	Sex, law and consent -Sexual consent and the law -FGM and the law -Relationships and partners -Domestic abuse and domestic violence -Why have sex? -Delaying sexual activity -Sexual harassment and stalking,	Legal and illegal drugs -What is a drug? -Different substance addictions -Cannabis products -Drug classifications -Party drugs & illegal drugs -The war on drugs -Volatile substance abuse	Contraception and STI's -What are STI's? -Treating STI's and the clinic -Contraception explored -Contraception - Condoms -Contraception explored further -HIV and AIDs -HIV and AIDs, prejudice and discrimination	Combatting extremism and terrorism -Conspiracy Theories -Forms of extremism -What is Terrorism -War and conflict -The radicalisation process -How does counter terrorism work? -Antisemitism

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Year 10	Healthy Bodies & Healthy Futures -What is a GP and Role of a local Doctor -Role of Pharmacists -Local Healthcare System -What is Antimicrobial Resistance -Menstrual & Gynaecological Health -Healthy behaviours & Pregnancy -Unhealthy Weight Gain & - Risks	Healthy Minds, Safe Choices -Child sexual abuse -Screen time -Masculinity and Misogyny -Basic First Aid skills -Self-harm -Suicide (thoughts and feelings) -Promoting emotional wellbeing	Exploring relationships and sex education -Pleasure and delaying sexual activity -Campaigning against FGM -Sexting, Nudes and Peni Pics -Online pornography (Myths vs Reality) -Porn and its impact on society -Unhealthy relationships and sexual assault -Sexualisation of the media	Relationships, Respect & Modern Challenges -Dangers of Virginity Testing -What is Sextortion -Positive Male Role Models & Incels -Marriage Vs Cohabitation & Civil P's -Financial Abuse and Control in Relationships. -Ending Relationships -Personal Safety	Violence, crimes and seeking safety -Honour based violence -Forced marriage and breast ironing -Online gaming and gambling -Social media validation -Modern day slavery -Keeping your data safe -Causes of knife crime	Exploring British values -Critical thinking and fake news -Hate crime in the UK -British values and identity -Mutual respect and tolerance -Individual liberty -What are human rights? -Democracy explored
Year 11	Stay safe, stay smart -Social media vs real life - Screen addiction and studying - Online misinformation - Targeting advertising and your data - Cyber Flashing and unsolicited images - upskirting	Staying safe -Virtual reality and live streaming -Online reputation and digital footprints -Group chats and anti-bullying - Vaping – why is it on the rise? -New psychoactive substances -Festivals and nitrous oxide -Substance addiction	Sexual health -Peer on peer abuse -Fertility and what impacts it -Alcohol, parties and bad choices -Importance of sexual health -Revisiting STI's -Revisiting contraception -Respect, love and relationships	Adult health and looking after yourself -Organ and blood donation -Teenage pregnancy choice -Mental health illnesses -Parenthood for teenagers -Testicular and prostate cancer -Breast cancer, cervical cancer and screening -Love and abuse	Justice, ethics and modern society -What is Justice -Media Literacy & Digital Resilience -Grime Music + Violence -Moral and Ethical Decisions -Debating and Meaningful Discussions -Abortion Laws, Morals and Ethics -Sex Trafficking	Examinations

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