| Half Term 1a  Focus: Relationships  |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Safe family relationships  | Trustworthy information  | Recognising unsafe relationships in others  | Recognising our own unsafe relationships  | Criminal behaviours within a relationship | Controlling behaviour and coercive control  | Sexual harassment  | Sexual violence Assessment  |

| Half Term 1b  Focus: Independence and transition |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Dealing with change in life  | Study skills, resilience and managing stress  | Basics of mental health  | Personal safety- drug and alcohol related emergencies  | Online safety- scams and gambling  | Making healthy choices- preventing cancer and heart disease  | Managing peer pressure Assessment  |  |

| Half Term 2a  Focus - Identity and community  |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Peer pressure, exploitation and knife crime  | Forms of discrimination and allyship | Discrimination and prejudice  | Sexual violence and harassment part 1  | Sexual violence and harassment part 2 Assessment  |  |  |  |

| Half Term 2b Focus: Body awareness  |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Cultivating a positive relationship with your body | Body image- beauty standards | Body image 2- depictions of relationships and sexuality  | Body changes through puberty  | Cycle awareness and period poverty  | Sexual pressure Assessment  |  |  |

| Half Term 3aFocus: Wellbeing  |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Anxiety  | Depression | Stress | Self harm  | Eating disorders  | Drugs, the law and common illegal drugsAssessment  |  |  |

| Half Term 3bFocus: Body awareness  |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Developing sexuality and readiness for sex  | Contraceptive methods  | Consent part 1  | Consent part 2 | Sexual health and STI’s | Good communication within intimate relationships  | Sexual pressure Assessment  |  |