

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Emotional wellbeing: managing change and transition	Friendship and bullying	Families and changing relationships	Puberty and keeping safe	Influences on relationships	Financial decisions
Year 8	Health and wellbeing	Personal safety and managing risk	Belonging and community	The online world	Healthy and unhealthy relationships	Managing money
Year 9	Mental health and wellbeing	Careers and future choices	Drug education	Managing risk in relation to the law	Intimate sexual relationships	Navigating online harms
Year 10	Independence, health choices and wellbeing	Navigating the online world	Friendship, diversity and challenging extremism	Managing influence	Exploring consent and recognising abuse	Study, work and careers
Year 11	Life-long wellbeing	Drugs and personal safety	Safe relationships and sexual health	Families, fertility and pregnancy	Online financial harms	

Year 7

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Emotional wellbeing: managing change and transition</p> <p>This unit helps students transition to secondary school, set learning goals and develop social and emotional skills.</p> <p>Suggested lessons:</p> <p><u>Developing learning skills: Helping students thrive in a new key stage – KS3</u> L1: Thriving in secondary school L2: Goal setting</p> <p><u>Wellbeing for Life: Y7</u> L1: Managing emotions L2: Managing reactions L3: Developing positive thinking habits L4: Managing rumination and worry L5: Managing tension and stress</p> <p>Alternative / additional lessons: BReal: Building stress resilience in early adolescents' lives </p>	<p>Friendship and bullying</p> <p>This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents.</p> <p>Suggested lessons:</p> <p><u>Friendship and bullying – KS3</u> L1: Friendship and empathy L2: Bullying and bystanders L3: Friendship challenges L4: Similarities, differences and peer influence</p> <p><u>Home Office: Preventing Involvement in Serious and Organised Crime</u> L1: Coercive friendships</p> <p>Alternative / additional lessons: CEOP: Connect CRESST: Curious about conflict? (£) </p>	<p>Families and changing relationships</p> <p>This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation.</p> <p>Suggested lessons:</p> <p><u>Families and committed relationships – KS3</u> L1: Understanding changing relationships L2: Roles in the family</p> <p><u>Change, loss and grief – KS3</u> L1: Managing change, loss and grief</p> <p><u>Family Justice Young People's Board</u> L1: Family Courts</p>	<p>Puberty and keeping safe</p> <p>This unit revisits learning about puberty from KS2. It then focuses on specific learning about testicular and vulval health, as well as how to identify and report abuse.</p> <p>Suggested lessons:</p> <p><u>Puberty</u> L1: Puberty and emotional changes L2: Menstrual wellbeing</p> <p><u>Highgate School and NHS Barts:</u> L1: Testicular health</p> <p><u>Canesten: The Truth Undressed</u> L1: Taking care of the vulva</p> <p><u>Home Office: Something's Not Right</u> L1: Making disclosures</p> <p><u>FGM – KS3</u> L1: Keeping safe</p>	<p>Influences on relationships</p> <p>This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences.</p> <p>Suggested lessons:</p> <p><u>Healthy relationships and sexual health – Y7-8</u> L1: Healthy and unhealthy relationships L2: Managing conflict</p> <p><u>Consent – KS3</u> L1: Introduction to consent</p> <p><u>BBFC: Making Choices</u> L1: Deciding what to watch L2: Relationships on-screen L3: Managing challenging content</p> <p>Alternative / additional lessons: OHID: Every mind matters - Social media NSPCC: Talk Relationships (ages 11-12) </p>	<p>Financial decisions</p> <p>This unit supports students to develop their financial literacy and rehearse decision-making and risk assessment skills in relation to money and spending.</p> <p>Suggested lessons:</p> <p><u>Financial Literacy and Inclusion Campaign (FLIC)</u> L1: Making spending decisions L2: Budgeting L3: Getting a job L4: The impact of inflation L5: The critical consumer L6: Decision making: Budgeting for a summer holiday</p> <p>Alternative / additional lessons: Bank of England: EconoME </p>

Year 8

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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Health and wellbeing

In this unit, students develop decision-making skills that support a healthy lifestyle and their wellbeing: from considerations about food, exercise and sleep, to assessing the impact of climate change on young people's wellbeing.

Suggested lessons:

Food for thought – KS3
L1: Making healthier choices

Dental health – KS3
L1: Maintaining dental health

COMING SOON

Physical activity – KS3
L1: Being active!

The sleep factor – KS3
L1: Healthier sleep habits

Climate change: empathy and agency – KS3
L1: Climate change and wellbeing
L2: Navigating different views

HPV educate*
**Teach this lesson at the most appropriate point for your school*

Alternative / additional lessons:

BRIGHT dental health lesson pack

Sure: Breaking limits

Personal safety and managing risk

This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads, around water, and in relation to alcohol and other drugs.

Suggested lessons:

Firework safety – KS3
L1: Firework safety

MIB: Drive insured
L1: Staying safe on the roads

Canal and River Trust: Water safety
L1: Have you got their back?

British Heart Foundation
L1: Classroom RevivR

Drug education – Y7-8
L1: Understanding drugs
L2: Tobacco and nicotine
L3: Alcohol and risk

Alternative / additional lessons:

LifeLab: What's the problem with vaping?

Belonging and community

This unit focuses on how to create respectful and cohesive communities. It helps students recognise and challenge bias, stereotypes and discrimination and promote inclusion.

Suggested lessons:

Belonging and community – KS3
L1: Identity and community
L2: Bias and stereotypes
L3: Discrimination and the protected characteristics
L4: Values and constrictive disagreement
L5: Diverse and supportive communities

Alternative / additional lessons:

Changing Faces: A world of difference

CRESST: Curious about conflict?

The online world

This unit helps students to recognise how their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users.

Suggested lessons:

Online financial harms – KS3
L1: Click and pay: phones and financial risk
L2: Gaming, social media and algorithms: The pressure to spend online
L3: Money matters: Seeking help and support

Under the influence – KS3
L1: The business of influence
L2: Feeding the algorithm

Alternative / additional lessons:

CIFAS: Anti-fraud education

Healthy and unhealthy relationships

This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support.

Suggested lessons:

NSPCC: Talk Relationships – ages 12-14
L1: Healthy relationships
L2: Sexualised media
L3: Safer online relationships
L4: Sexual harassment and harmful sexual behaviour
L5: Sharing of nudes
L6: Consent
L7: Preventing gender-based violence

Alternative / additional lessons:

CEOP: Send me a pic

CEOP: Respecting me, you, us

Managing money

This unit builds on previous learning about financial decision making to explore aspects of daily economic wellbeing, such as managing bank accounts and different ways of saving and borrowing.

Suggested lessons:

Financial Literacy and Inclusion Campaign (FLIC)
L1: How to open a bank account
L2: Reading a bank statement
L3: How to save money
L4: How to use a bank card
L5: How to manage debt
L6: Decision making: a guide to banking

Alternative / additional lessons:

CIFAS: Anti-Fraud Education

Bank of England: EconoME

Year 9

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Mental health and wellbeing</p> <p>Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations.</p> <p>Suggested lessons:</p> <p><u>Wellbeing for Life – Y8-9</u></p> <p>L1: Managing strong emotions L2: Managing distractions L3: Managing disappointments and setbacks L4: Unhealthy coping strategies L5: Healthy coping strategies</p> <p><u>Body modifications</u></p> <p>L1: Influences and self-expression</p> <p>Alternative / additional lessons:</p> <p>BReal: Building stress resilience in early adolescents' lives </p>	<p>Careers and future choices</p> <p>This unit supports students to prepare for making GCSE option choices by thinking about their career goals and future.</p> <p>Suggested lessons:</p> <p><u>Navigating work, study and careers</u></p> <p>L1: Exploring career interests L2: Work patterns and workplaces L3: Managing pressure and seeking support L4: Preparing for KS4 options</p> <p><u>Opportunities, strengths and managing online presence</u></p> <p>L1: Showcasing personal strengths L2: Managing online reputation</p> <p>Alternative / additional lessons:</p> <p>Financial Literacy and Inclusion Campaign (FLIC) </p>	<p>Drug education</p> <p>This unit builds on previous learning, focusing on developing skills to manage situations involving alcohol, vapes or other substances.</p> <p>Suggested lessons:</p> <p><u>Drug education – Y9</u></p> <p>L1: Vaping L2: Exploring attitudes L3: The law and managing risk L4: Alcohol and cannabis L5: Managing influence</p> <p>Alternative / additional lessons:</p> <p>LifeLab: What's the problem with vaping? </p>	<p>Managing risk in relation to the law</p> <p>This unit helps students to assess the ways young people might be drawn into criminal behaviour, and the impact of breaking the law.</p> <p>Suggested lessons:</p> <p><u>Home Office: Preventing Involvement in Serious and Organised Crime</u></p> <p>L2: Serious and organised crime</p> <p><u>National Crime Agency: Exploring Cybercrime</u></p> <p>L1: Causes of cybercrime L2: Effects of cybercrime</p> <p><u>ACT for Youth – KS3</u></p> <p>L1: Run, hide, tell</p> <p>Alternative / additional lessons:</p> <p>Cyber first Navigators </p> <p>Gangs: Managing risks and staying safe* </p> <p><i>*If not planning to teach in year 11</i></p>	<p>Intimate sexual relationships</p> <p>In this unit, students revisit learning about consent and learn about healthy, safe sexual relationships, including using contraception.</p> <p>Suggested lessons:</p> <p><u>Consent – KS3</u></p> <p>L2: Avoiding assumptions L3: Freedom and capacity to consent</p> <p><u>Healthy relationships and sexual health – Y9</u></p> <p>L1: Relationship values L2: Contraception L3: Sexual health L4: Managing the ending of relationships</p> <p>Alternative / additional lessons:</p> <p>British Fertility Society: A guide to fertility </p> <p>Canesten: The truth, undressed </p> <p>CEOP: Respecting me, you, us </p>	<p>Navigating online harms</p> <p>This unit explores online harms young people may be exposed to, focusing on how they can respond to deepfake AI images and misogynistic narratives.</p> <p>Suggested lessons:</p> <p><u>Not just flirting – KS3</u></p> <p>L1: Feelings about sharing nudes</p> <p><u>Digital deception: Understanding deepfakes – KS3</u></p> <p>L1: Motivations and consequences L2: Tackling deepfakes</p> <p>COMING SOON</p> <p>Challenging the narrative: thinking critically about misogyny</p> <p>L1: Exploring harms and misconceptions L2: Responding to misogyny</p>

Year 10

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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Independence, health choices and wellbeing

This unit supports students to make informed, healthy and responsible health choices as they transition to key stage 4.

- Suggested lessons:**
- Developing learning skills – KS4
L1: Study skills for KS4
 - Food for thought – KS4
L1: Making informed choices
 - COMING SOON**
 - Physical activity – KS4
L1: Making decisions about being active
 - COMING SOON**
 - Wellbeing of Women
L1: Menstruation matters
 - NHSBT: Exploring blood, organ and stem cell donation
L1: Exploring donation
 - Orchid - Testicular cancer
L1: What is testicular cancer?
 - COMING SOON**
 - Prevent Breast Cancer – Breast cancer awareness and prevention
L1: Breast awareness
L2: Signs, symptoms and self-examination
- Alternative / additional lessons:**
- Canesten: The truth, undressed
 - Body modifications
 - NHS Blood and Transplant

Navigating the online world

This unit helps students understand the impacts and risks of AI and digital technologies, including misinformation, deepfakes, and sharing images.

- Suggested lessons:**
- COMING SOON**
 - Understanding AI: Rights, safety and wellbeing
L1: How does AI affect our daily lives?
L2: What are the limitations of generative AI?
L3: How does generative AI affect our understanding of the world?
L4: How do chatbots affect relationships?
 - Digital deception: Understanding deepfakes – KS4
L1: What's the harm?
L2: What can be done?
 - Not just flirting – KS4
L1: Social attitudes to sending nudes

Friendship, diversity and challenging extremism

This unit supports students to challenge bullying and harmful attitudes, promote inclusion, and recognise and respond to extremism.

- Suggested lessons:**
- Friendship and bullying – KS4
L1: Recognising and challenging bullying behaviour
L2: Recognising and challenging unhealthy attitudes to bullying
 - Belonging and community – KS4
L1: Valuing diversity
L2: Understanding and preventing extremism
L3: How are people drawn into extremist groups?

Managing influence

This unit helps students to evaluate online content, understand how harmful attitudes such as misogyny spread, and recognise the impact of content on wellbeing, attitudes and behaviour.

- Suggested lessons:**
- Under the influence – KS4
L1: All about the money?
L2: Can it be trusted?
 - COMING SOON**
 - Challenging the narrative: thinking critically about misogyny – KS4
L1: The impact and spread of misogynistic narratives
L2: Safely challenging misogynistic beliefs and attitudes
 - COMING SOON**
 - Ipsos: Gambling
- Alternative / additional lessons:**
- BBFC: Emotional wellbeing

Exploring consent and recognising abuse

This unit revisits and deepens students' understanding of consent, and helps them recognise, challenge and seek support for harmful behaviours or abuse.









- Suggested lessons:**
- Consent – KS4
L1: The role of intimacy and pleasure
L2: The impact of pornography
L3: Pressure, persuasion and coercion
 - Freedom charity – FGM and forced marriage
L1: FGM
L2: Forced marriage
 - Something's Not Right – KS4
L1: Relationship rights and reporting abuse
- Alternative / additional lessons:**
- BBFC: Pornography and regulation
 - University of Exeter: The rights idea

Study, work and careers

This unit explores career choices and pathways, work experience, and applications for study or work.

- Suggested lessons:**
- Navigating work, study and careers – KS4
L1: Identifying career preferences
L2: Navigating the careers landscape
L3: Mapping a career path
L4: Making a good impression
L5: Preparing for work experience
L6: Reflecting on work experience
- Alternative / additional lessons:**
- Financial Literacy and Inclusion Campaign (FLIC)

Year 11

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Life-long wellbeing</p> <p>This unit revisits and builds on prior learning about mental health, helping students to explore strategies that support wellbeing, especially when managing workload and preparing for exams.</p> <p>Suggested lessons:</p> <p><u>Wellbeing for Life</u> – KS4</p> <p>L1: Mental health and wellbeing throughout life</p> <p>L2: Managing distractions</p> <p>L3: Changing thinking habits</p> <p>L4: Seeking help and support</p> <p>L5: Managing stress and tension</p> <p><u>Change, loss and grief</u> – KS4</p> <p>L1: Managing change, loss and grief</p> <p><u>The sleep factor</u> – KS4</p> <p>L1: The importance of sleep</p>	<p>Drugs and personal safety</p> <p>This unit supports students to understand the risks linked to substance use and gang involvement, manage external influences, and develop strategies to stay safe and seek support.</p> <p>Suggested lessons:</p> <p><u>Drug education</u> – KS4</p> <p>L1: Assessing risk</p> <p>L2: Managing influence</p> <p>L3: Help seeking</p> <p><u>Gangs: Managing risks and staying safe</u></p> <p>L1: How it might start</p> <p>L2: Risks and consequences</p> <p>L3: Getting out</p> <p><u>Thames Valley Police – Tackling VAWG</u></p> <p>L1: Looking out for each other</p> <p>Alternative / additional lessons:</p> <p>LifeLab: What’s the problem with vaping? </p>	<p>Safe relationships and sexual health</p> <p>This unit helps students to recognise healthy and unhealthy relationship behaviours, explore power and control, set boundaries, manage conflict and breakups, and make informed decisions about sexual health.</p> <p>Suggested lessons:</p> <p><u>CEOP – Exploited</u></p> <p>L1: Healthy and unhealthy relationships</p> <p>L2: Power and control</p> <p>L3: Setting boundaries and getting help</p> <p><u>Healthy relationships and sexual health</u> – KS4</p> <p>L1: Relationship behaviours</p> <p>L2: Choices related to sex and contraception</p> <p>L3: Sexual health</p> <p>Alternative / additional lessons:</p> <p>NSPCC: Talk relationships </p> <p>You Before Two: Contraception choices </p>	<p>Families, fertility and pregnancy</p> <p>This unit explores family life, including committed relationships and parenting responsibilities, fertility and routes to parenthood, and options in the case of unplanned pregnancy.</p> <p>Suggested lessons:</p> <p><u>Committed relationships and family life</u> – KS4</p> <p>L1: Long-term commitments</p> <p>L2: The legal status of marriage</p> <p>L3: Parenting</p> <p><u>Fertility and pregnancy choices</u></p> <p>L1: Fertility and routes to parenthood</p> <p>L2: Pregnancy outcomes</p> <p>L3: Pregnancy choices</p> <p>Alternative / additional lessons:</p> <p>University of Essex: Communication matters </p> <p>British Fertility Society: A guide to fertility </p> <p>University of Exeter: Modern families </p>	<p>Online financial harms</p> <p>This unit supports students to understand online financial risks, manage spending safely, and recognise and respond to financial exploitation.</p> <p>Suggested lessons:</p> <p><u>Online financial harms</u> – KS4</p> <p>L1: Making money online: Rights, risks and cryptocurrencies</p> <p>L2: Wanna bet? Controlled and uncontrolled online spending</p> <p>L3: Financial exploitation online: Factors, strategies and support</p> <p><u>CIFAS – Anti-fraud education</u></p> <p>L1: Money laundering</p> <p>L2: Social engineering</p> <p>Alternative / additional lessons:</p> <p>Financial Literacy and Inclusion Campaign (FLIC) </p> <p>Motor Insurers’ Bureau: Being a responsible driver </p>	