

| Year 7 | | | | Year 8 | | | Year 9 | | |
|---------------|-------------------------------|------|--|-------------------------------|------|--|-------------------------------|------|--------------------------------------|
| | Area | Code | Lesson | Area | Code | Lesson | Area | Code | Lesson |
| Autumn Term 1 | Relationships & Sex Education | R1 | Connecting With Your Teachers | Relationships & Sex Education | R15 | Managing Unhealthy and Toxic Relationships | Health and Wellbeing | HW36 | The Happiness Trap |
| | | R2 | Asking For Help | | R16 | Repairing Relationships | | HW37 | Managing Anxiety |
| | | R3 | From Strangers To Friends | | R17 | Conflict Resolution | | HW38 | Counter the Negativity Bias |
| | | R4 | Friendship Reminiscing | | R18 | Peer Pressure Survival Guide | | HW39 | Instagram vs Reality |
| | | R5 | How To Have Healthy Relationships | | R19 | Random Acts of Kindness | | HW40 | Combatting Negative Self Talk |
| | | R6 | Tackling Cyberbullying | | R20 | Together Against Bullying | | HW41 | Thinking Traps |
| | | R7 | Understanding Bullying | | R21 | Communication Styles | | HW42 | Mental Benefit of Exercise |
| | | R8 | Safe and Healthy Relationships | | R22 | Online Relationships | | HW43 | Expressing Gratitude |
| Autumn Term 2 | Living in the Wider World | L1 | Examining the Equality Act 2010 | Health and Wellbeing | HW18 | Sharing Information Online | Relationships & Sex Education | R30 | Safe and Healthy Sex |
| | | L2 | Respecting Religious Diversity | | HW19 | The Limitless Internet | | R31 | Sexually Transmitted Infections |
| | | L3 | The Role of Courts and Tribunals | | HW20 | Viewing Harmful Content | | R32 | Gender Norms |
| | | L4 | Making Sense of Money | | HW21 | Gender-Based Discrimination | | R33 | Reproductive Health |
| | | L5 | Budgeting Basics | | HW22 | Racism and Discrimination | | R34 | Pregnancy Choices |
| | | L6 | Bank Accounts | | HW23 | Pride Month | | R35 | Put A Ring On It? |
| | | L7 | Smart Saving Strategies | | HW24 | Re-wire Your Brain | | R36 | Forced Marriages |
| Spring Term 1 | Health and Wellbeing | HW1 | Combat Worry, Stress and Anxiety | Living in the Wider World | L8 | A History of Money | Health and Wellbeing | HW44 | Saving Lives With First Aid |
| | | HW2 | Dealing With Worry | | L9 | Credit Cards | | HW45 | Substance Addiction |
| | | HW3 | The Stress Scale | | L10 | Taking Control of my Money | | HW46 | Informed Drug and Alcohol Choices |
| | | HW4 | Controlling Our Emotions | | L11 | Introducing the Economy | | HW47 | Drugs and County Lines |
| | | HW5 | Five-Minute Meditation | | L12 | Fundamentals of Business | | HW48 | The Truth About Vaping |
| Spring Term 2 | Health and Wellbeing | HW6 | Managing Privacy Online | Health and Wellbeing | HW25 | First Aid Beyond Emergencies | Living in the Wider World | L13 | Volunteering In My Community |
| | | HW7 | The Dangers of Your Internet Algorithm | | HW26 | Health and Hygiene | | L14 | How Laws Are Made |
| | | HW8 | Social Media Addiction | | HW27 | The Mind-Body Connection | | L15 | Budgeting and Long-Term Goals |
| | | HW9 | Alcohol and Your Health | | HW28 | Drug Awareness | | L16 | Introduction to Investment |
| | | HW10 | Smoking and Nicotine Addiction | | HW29 | Alcohol and Social Inhibitions | | L17 | Financial Risk |
| | | HW11 | Vaping: A Global Dilemma | | | | | L18 | Fraud and Theft |
| Summer Term 1 | Relationships & Sex Education | R9 | Different Types of Families | Relationships & Sex Education | R23 | Understanding Consent | Health and Wellbeing | HW49 | Understanding Eating Disorders |
| | | R10 | Positive Parenting | | R24 | Power Dynamics and Consent | | HW50 | Healthy Food Choices |
| | | R11 | The Changing Adolescent Body | | R25 | Explicit Sexual Imagery | | HW51 | Evaluating Eating Habits |
| | | R12 | Body Changes During Puberty | | R26 | Contraceptive Essentials | | HW52 | Character Strengths In Focus |
| | | R13 | Sexual Consent | | R27 | Sexualisation In The Media | | HW53 | Organ Donation |
| Summer Term 2 | Health and Wellbeing | R14 | Building Healthy Relationships | Health and Wellbeing | R28 | Discussing Pornography | Relationships & Sex Education | HW54 | Ageism and Ableism |
| | | HW12 | The Balanced Diet | | HW30 | Assessing Your Mindset | | R37 | Empowering Positive Masculinity |
| | | HW13 | Sleep Essentials | | HW31 | Resilience Toolkit | | R38 | Relationships And Their Legal Status |
| | | HW14 | Phones and Sleep | | HW32 | Optimising Character Strengths | | R39 | Avoiding and Preventing Harassment |
| | | HW15 | Investing in Your Health | | HW33 | Taking Control With Worry Time | | R40 | Online Grooming |
| | | HW16 | Healthy and Balanced Lifestyles | | HW34 | Overthinking and Catastrophising | | R41 | Rising Above Cyberbullying |
| | | HW17 | Healthy Eating, Healthy Living | | HW35 | Changing Emotions | | R42 | Positive vs Negative Humour |