

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
		R14	Building Healthy Relationships		R28	Discussing Pornography		HW54	Ageism and Ableism
Summer Term 2	Health and Wellbeing	HW12	The Balanced Diet	Health and Wellbeing	HW30	Assessing Your Mindset	Relationships & Sex Education	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