| 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 3a  Focus: 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 drugs  Assessment |  |  |

| Half Term 3b  Focus: 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 |  |