| Half Term 1a  Focus: Independence, identity and community  |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| First aid- CPR, AED’s, wounds and choking  | Making healthy choices- cosmetic and plastic surgery  | Making healthy choices- organ donation, vaccines and health clinics | Creating influences  | Identity and mental health  | Gender norms | Gender identities  | Adulting, self worth and celebrating success Assessment  |

| Half Term 1b  Focus: Relationships  |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Marriage and civil partnership | Becoming a parent | Family relationships and value conflicts | Communication and vulnerability in relationships  | Abusive relationships  | Making decisions about sex  | Pregnancy Assessment  |  |

| Half Term 2a  Focus - Wellbeing and relationships  |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Impact on attitudes and behaviour  | The potential damage on relationships from viewing explicit materials | Exploitation | Spiral of addiction | Pornography and the law 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 |
| Connecting with yourself mindfully- stress | Connecting with yourself mindfully- self concept and motivation | Body image in media- pornography | Body image dangers | Parenthood and fertility- routes to parenthood, infertility and miscarriages  | Parenthood and fertility- choices in parenthood, pregnancy and birthAssessment  |  |  |

| Half Term 3aFocus: Wellbeing  |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Know your rights  | Online wellbeing  | Media influence and gangs | Media influence, radicalisation and extremism  | Conversations about mental health |  Mental wellbeingAssessment  |  |  |

| Half Term 3bFocus: Body awareness and wellbeing  |
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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  | Privacy and consent  | Sexual health and STI’s | What is addiction  | How addiction affects people  | Consequences of addiction | Seeking help for addiction Assessment  |  |