

Lesson	Week Beginning	Year 7	Year 8	Year 9	Year 10	Year 11	
1	04 September 2023	Establishing and Managing Friendships	Energy Drinks and their Dangers	Healthy and Unhealthy Friendships	Adolescence: Managing Emotions	Changing Family Structures	
2	11 September 2023	Identifying and Managing Emotions	Risks of Alcohol and Smoking	Types of Behaviour and Communication	Reframing Negative Thinking	Fertility	
3	18 September 2023	Personal Strength and Development	Risks of Vaping	Risks and Influences Online and Offline	Signs of Emotional and Mental Ill-Health	Ready for Parenthood	
4	25 September 2023	Improving Study Skills	Medicinal and Recreational Drugs	Drugs, Alcohol and Vapes	Promoting Mental and Emotional Wellbeing	Unplanned Pregnancy	
5	02 October 2023	Independent Travelling Safety	Using Medication Safely	Gang Culture	Mental Health and the Media	Forced Marriage	
6	09 October 2023	Personal Safety and Basic First Aid	Promoting Positive Social Attitudes	Knife Crime	Challenging Stereotypes: Misinformation	Menopause	
HT	16 October 2023	Half Term				Half Term	
7	23 October 2023	Essential Skills	Work/Life Balance and Equality	Skills and Qualities	Evaluating Strengths and Weaknesses	Using Constructive Feedback	
8	30 October 2023	What is CEIAG?	Challenging Stereotypes: Pay Gap	How to Demonstrate Strengths	Opportunities in Learning and Work	Writing CVs and Personal Statements	
9	06 November 2023	Skills and Qualities	Types of employment	Managing Emotions in the Workplace	Responsibilities in the Workplace	Interview Technique	
10	13 November 2023	Identifying future careers aspirations	Goal Setting	P16 Options	Managing Health and Safety	Maximising Employability Including Online	
11	20 November 2023	Challenging Stereotypes: Careers	Career Aspirations	Navigating your Career	Protecting Your Rights At Work	Rights and Responsibilities: Part Time	
12	27 November 2023	Identity and Rights	Influences on Beliefs and Decisions	Types of Families	Relationship Values and Positive Sexual Health	Gender Identity and Sexual Orientation	
13	04 December 2023	Living in a Diverse Society	Gender Identity	Types of Parenting	Risks of Online Media in Relationships	Communication in Relationships	
14	11 December 2023	Bullying and Cyberbullying	Equality Act and Protected Characteristics	Positive Family Relationships	Misconceptions in Relationships	Handling Unwanted Attention	
15	18 December 2023	Challenging Stereotypes: Diversity	Challenging Discrimination: Disability	Types of Conflict	Risks and Benefits of Online Relationships	Challenging Harassment	
HT	25 December 2023	Half Term				Half Term	
HT	01 January 2024	Half Term				Half Term	
16	08 January 2024	Challenging Discrimination	Challenging Discrimination: Gender	Conflict Resolution Strategies	Consent: Manipulation and Coercion	Relationships and Abuse	
17	15 January 2024	Being an Upstander (Response)	Challenging Discrimination: Racism	Managing Family Changes	Challenging Victim Blaming	Unhealthy and Exploitative Relationships	
18	22 January 2024	The Importance of Sleep	Challenging Stereotypes: Mental Health	Links Between Physical and Mental Health	Role Models and Their Influence	Forms of Government	
19	29 January 2024	Having a Healthy Diet	Daily Wellbeing	Work Life Balance	Misogyny, Toxic Masculinity and Its Impacts	Improving Your Local Community	
20	05 February 2024	Personal Hygiene	Developing Resilience: In Person	Healthy Eating	Media Portrayal of Gang Culture	Dealing with Complex Issues Within the Law	
21	12 February 2024	Dental and Physical Health	Developing Resilience: Digital	Influences on Body Image	Impact of Drugs and Alcohol on Others	Screening and Self Examination	
HT	19 February 2024	Half Term				Half Term	
22	26 February 2024	FGM	Healthy and Unhealthy Coping Strategies	Taking Responsibility for Your Health	Managing Peer Influence	Cosmetic and Aesthetic Body Alterations	
23	04 March 2024	Developing Self Worth	Forming Positive Relationships	Sexual Choices	Inclusion and Belonging Within Communities	Perseverance and Procrastination	
24	11 March 2024	Types of Positive Relationships	Gender vs Sex	Consent: Misconceptions, Capacity and Rights	Equality Act and Protected Characteristics	The Importance of Sleep	
25	18 March 2024	Relationships and Gender	Consent: The Law	STDs and Safer Sex	Social Media: Influences on Beliefs and Opinions	Dealing with Change	
HT	25 March 2024	Half Term				Half Term	
HT	01 April 2024	Half Term				Half Term	
26	08 April 2024	Challenging Stereotypes: Media	Sexting	Consequences of Unprotected Sex	Managing Conflicting Views	Exam Stress Management	
27	15 April 2024	Expectations in Romantic Relationships	Contraception	Relationships in the Media	Challenging Discrimination	Creating Online Content	
28	22 April 2024	Consent: Seeking and Communicating	Social Media and Online Grooming	Sexual Risks of Social Media	Recognising and Responding to Radicalisation	Managing Time Effectively	
29	29 April 2024	Roles of Citizens, Parliament and Monarchs	The Political System	Legal and Illegal Financial Activities	Electoral Systems	Student Loans	
30	06 May 2024	British Law	How Parliament Works	Risk and Financial Activities	Key Elements of The UK Constitution	What Does College and University Look Like	
31	13 May 2024	Community Links	How The Justice System Works	Cryptocurrency	Budgeting, Saving and Debt	Travelling Alone	
32	20 May 2024	Money Choices: Borrowing, Budgeting, Spending	Human Rights	Side Hustles and Their Dangers	Gambling and Debt	Living On Your Own	
HT	27 May 2024	Half Term				Half Term	
33	03 June 2024	Critical Thinking: The Media	How Pay Deduction Works	Living On Your Own	Earning Your Money - Gross and Net Pay		
34	10 June 2024	Critical Thinking: Social Media	Budgeting	Types of Accommodation	Tax Allowances and Universal Credit		
35	17 June 2024	Critical Thinking: Role Models	Weighing Up Financial Offers	Bills and Utilities	Saving Your Money		
36	24 June 2024	Critical Thinking: People	Saving Money on Your Bills	Looking After Yourself: Appointments	Investing Your Money		
37	01 July 2024	Critical Thinking: Pets	Credit vs Debit	Looking After Yourself: Getting Support	Giving Your Money (Charity)		
38	08 July 2024	Critical Thinking: Life Skills	Credit and Credit Scores	Influences of The Media on You	Spending Your Money: Necessities		