

	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	R13	Managing Unhealthy & Toxic Relationships	Health and Wellbeing	HW37	The Happiness Trap
		R2	From Strangers to Friends		R14	Repairing Relationships		HW38	Managing Anxiety
		R3	How To Have Healthy Relationships		R15	Peer Pressure Survival Guide		HW39	Combating Negative Self Talk
		R4	Tackling Cyberbullying		R16	Together Against Bullying		HW40	Thinking Traps
		R5	Understanding Bullying		R17	Online Relationships		HW41	Mental Benefits of Exercise
		R6	Safe & Healthy Relationships		R18	The Many Forms of Relationships		HW42	Expressing Gratitude
Autumn Term 2	Living in the Wider World	L1	Examining the Equality Act 2010	Health and Wellbeing	HW19	Sharing Information Online	Relationships & Sex Education	R25	Safe & Healthy Sex
		L2	The Role of Courts & Tribunals		HW20	The Limitless Internet		R26	Sexually Transmitted Infections
		L3	Making Sense of Money		HW21	Viewing Harmful Content		R27	Reproductive Health
		L4	Budgeting Basics		HW22	Gender-Based Discrimination		R28	Pregnancy Choices
		L5	Bank Accounts		HW23	Racism and Discrimination		R29	Forced Marriages
		L6	Smart Saving Strategies		HW24	Homophobia		R30	Respecting Transgender Identities
Spring Term 1	Health and Wellbeing	HW1	Combat Worry, Stress & Anxiety	Living in the Wider World	L7	Exploring the Democratic Process	Health and Wellbeing	HW43	Saving Lives With First Aid
		HW2	Dealing With Worry		L8	Respecting and Celebrating Religious Diversity		HW44	Substance Addiction
		HW3	The Stress Scale		L9	The Evolution of Money		HW45	Informed Drug & Alcohol Choices
		HW4	Controlling Our Emotions		L10	Taking control of my money		HW46	Drugs and County Lines
		HW5	Five-Minute Meditation		L11	Introducing the Economy		HW47	The Truth About Vaping
		HW6	Rewiring Your Brain		L12	Fundamentals of Business		HW48	Instagram vs Reality
Spring Term 2	Health and Wellbeing	HW7	Managing Privacy Online	Health and Wellbeing	HW25	First Aid Beyond Emergencies	Living in the Wider World	L13	Volunteering In My Community
		HW8	The Dangers Of Your Internet Algorithm		HW26	Oral Hygiene		L14	How laws are made
		HW9	Social Media Addiction		HW27	Health & Hygiene		L15	Budgeting and Long Term Goals
		HW10	Alcohol And Your Health		HW28	The Mind-Body Connection		L16	Introduction to Investment
		HW11	Smoking and Nicotine Addiction		HW29	Drug Awareness		L17	Financial Risk
		HW12	Vaping: A Global Dilemma		HW30	Alcohol and Social Inhibitions		L18	Fraud and Theft
Summer Term 1	Relationships & Sex Education	R7	Different Types of Families	Relationships & Sex Education	R19	Understanding Consent	Health and Wellbeing	HW49	The Positivity Mindset
		R8	Positive Parenting		R20	Power Dynamics & Consent		HW50	Healthy Food Choices
		R9	The Changing Adolescent Body		R21	Contraceptive Essentials		HW51	Evaluating Eating Habits
		R10	Body Changes During Puberty		R22	Discussing Pornography		HW52	Character Strengths In Focus
		R11	Sexual Consent		R23	Assessing The Trustworthiness of Others		HW53	Understanding Eating Disorders
		R12	Building Healthy Relationships		R24	Introduction to FGM		HW54	Organ Donation
Summer Term 2	Health and Wellbeing	HW13	The Balanced Diet	Health and Wellbeing	HW31	Overcoming Limiting Beliefs	Relationships & Sex Education	R31	Empowering Positive Masculinity
		HW14	Sleep Essentials		HW32	Optimising Character Strengths		R32	Relationships & Their Legal Status
		HW15	Phones And Sleep		HW33	Strengths-Based Thinking		R33	Avoiding & Preventing Harassment
		HW16	Investing In Your Health		HW34	Taking Control With Worry Time		R34	Online Grooming
		HW17	Healthy & Balanced Lifestyles		HW35	Changing Emotions		R35	Rising Above Cyberbullying
		HW18	Healthy Eating, Healthy Living		HW36	Drug Laws UK		R36	Positive vs Negative Humour