

	M	Tu	W	Th	F	Year 7	Year 8	Year 9	Year 10	Year 11
Sept	5	6	7	8	9	Ground rules and developing independence	Risks of Caffeine	Drugs - Exploring attitudes	New Challenges	Lifestyles and Well Being
	12	13	14	15	16					
	19	20	21	22	23	Personal safety (railway, road and water)	Risks of cigarettes and e-cigarettes	Drugs - The law, managing risks	Reframing negative thinking	Influences of lifestyles decisions
	26	27	28	29	30					
Oct	3	4	5	6	7	discrimination and mental health	Risks of alcohol	Drugs and their effects: Alcohol and cannabis	Recognising mental ill health	Importance of sleep
	10	11	12	13	14					
	17	18	19	20	21	Introduction to first aid (asthma and bleeding)	Substance Abuse	Managing influence	Healthy coping strategies	Exam Stress
Nov	21	1	2	3	4					
	7	8	9	10	11	Anti-bullying - Social Media and the Law	Anti bullying	Anti bullying	Resilience to gambling	Showcasing personal strength
	14	15	16	17	18					
	21	22	23	24	25	Equality Act	Being the same and being different (Mindmate)	Self-Esteem	Understanding Fraud	Personal Statements
Dec	28	29	30	1	2					
	5	6	7	8	9	Protected Characteristics	Feeling good and being me (Mindmate) Resilience	Aspirations	Identity fraud and data protection	Managing online reputation
	12	13	14	15	16					
Jan	2	3	4	5	6	Challenging Stereotypes	Raising awareness of learning disabilities and autism	Forming positive relationships	Disrespect Nobody - Relationship Abuse	Working out Relationships
	9	10	11	12	13					
	16	17	18	19	20	Rights and Responsibilities	Appearance ideals	Attitudes to mental health	Disrespect Nobody - Consent	Healthy and Unhealthy relationships
	23	24	25	26	27					
Feb	30	31	1	2	3	Diversity	Media messages	Promoting emotional wellbeing	Disrespect Nobody - Sharing sexual images	Online extortion
	6	7	8	9	10					
	20	21	22	23	24	Ground Rules	Confront comparisons	Unhealthy and healthy coping strategies	The role of intimacy and pleasure	HIV and STI's
March	27	28	1	2	3					
	6	7	8	9	10	Puberty and body Changes	Barish Body Talk	Digital resilience	The impact of pornography	Behaviour and consequences
	13	14	15	16	17					
	20	21	22	23	24	Puberty and menstrual well being	Be the change	Changes, loss and grief	Pressure, persuasion and coercion	Pregnancy Choices
Apr	27	28	29	30	31					
	17	18	19	20	21	Relationships	Online world and choosing a partner	Intimate relationships, diversity and equality	STI's	Family Life and parenting
	24	25	26	27	28					
May	1	2	3	4	5	Keeping Safe FGM	One to one relationships	Contraception	Birth control and abortion	Mental health Strategies
	8	9	10	11	12					
	15	16	17	18	19	Discrimination	Consent	FGM	Domestic violence	Mental Health and discrimination
	22	23	24	25	26					
Jun										
	5	6	7	8	9	Importance of sleep	Offensive Weapons	Upskirting	Hate Crime	
	12	13	14	15	16					
	19	20	21	22	23	Dental Health	Knife Crime	CSE	Extremism	
July	24	25	26	27	28					
	3	4	5	6	7	Risks of smoking	Corrosive substances and firearms	Revenge Porn	British Values	
	10	11	12	13	14					
	17	18	19	20	21	Feedback and Evaluation (MHMS)	Peer Pressure	Forced Marriage	County Lines	
	24	25	26	27	28					