

<b>Year 7</b>	Overview	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Being Me in my World (BW) ACTIVE Aut 1 and 2	Unique me, differences & conflict, my influences, peer pressure, online safety, sexting, consequences, online legislation	Who am I?	My influences	Peer pressure and belonging	My online history	What are the consequences of what I say and do online?	Assessment
Celebrating Difference (CD) ACTIVE+ Aut 1 and 2	Bullying, prejudice & discrimination, Equality Act, bystanders, stereotyping, challenging negative behaviour and attitudes	Prejudice and discrimination	True or False?	Challenging stereotypes	Discrimination in school	Bullying	Assessment
Dreams and Goals (DG) ACTIVE Spring 1 and 2	Celebrating success, identifying goals, employment, learning from mistakes, overcoming challenges, planning skills, safe & unsafe choices, substances, gangs, exploitation, emergency first aid	What are my dreams and goals?	Achieving my dreams and goals	Coping strategies	How responsible and irresponsible choices affect my dreams and goals	How making an irresponsible choice could affect a person's dreams and goals	Assessment
Healthy Me (H) ACTIVE+ Spring 1 and 2	Stress and anxiety, managing mental health, physical activity and mental health, effects of substances, nutrition, sleep, vaccination and immunisation, importance of information on making health choices	How to recognise and deal with anxiety and stress	Healthy choices on... managing stress	Healthy choices on... substances	Healthy lifestyle choices: Good nutrition, exercise and sleep	Healthy choices on... medicines and immunisation	Assessment

Relationships (R ) ACTIVE Summer 1 and 2	Characteristics of healthy relationships, healthy romantic relationships, consent, relationships and change, emotions within friendships, being discerning, assertiveness, sexting	Positive qualities of healthy relationships	My changing supportive relationships	Getting on and falling out	Discerning external factors in relationships	Assertiveness in relationships	Assessment
Changing Me (CM) ACTIVE+ Summer 1 and 2	Puberty changes, FGM, breast flattening/ironing, responsibilities of parenthood, types of committed relationships, happiness and intimate relationships, media and self-esteem, self-image, brain changes in puberty, sources of help and support	My changing body	Having a baby	Types of relationships and their impact	Image and self-esteem	My changing feelings	Assessment

<b>Year 8</b>	Overview	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Being Me in my World (BW) ACTIVE Aut 1 and 2	Self-identity, family and identity, stereotypes, personal beliefs and judgements, managing expectations, first impressions, respect for the beliefs of others. Active listening	Who am I?	My 'family'	'Family Factors'	The power of first impressions	Faith and beliefs	Assessment

<p>Celebrating Difference (CD) ACTIVE+ Aut 1 and 2</p>	<p>Positive change made by others, how positive behaviour affects feelings of wellbeing, social injustice, inequality, community cohesion and support, multi-culturalism, race and religion, prejudice, LGBT+ bullying</p>	<p>Prejudice and Discrimination</p>	<p>Inequality</p>	<p>When things go right</p>	<p>Bullying</p>	<p>How I can make a difference</p>	<p>Assessment</p>
<p>Dreams and Goals (DG) ACTIVE Spring 1 and 2</p>	<p>Long-term goals, skills, qualifications, careers, money and happiness, ethics and mental wellbeing, budgeting, variation in income, positive and negative impact of money, online legal responsibilities, gambling issues</p>	<p>Your goals - long-term</p>	<p>What money can't buy</p>	<p>Online Safety</p>	<p>Money and Earnings</p>	<p>The price of life</p>	<p>Assessment</p>
<p>Healthy Me (H) ACTIVE+ Spring 1 and 2</p>	<p>Long-term physical health, responsibility for own health, dental health, stress triggers, substances and mood, legislation associated with substances, exploitation and substances, medicine, vaccinations, immunisation. Blood donation</p>	<p>Me and My Health</p>	<p>Healthy choices on... managing stress</p>	<p>Healthy choices on... substances</p>	<p>Substance misuse and exploitation</p>	<p>Healthy choices on... medicines and immunisation</p>	<p>Assessment</p>

Relationships (R ) ACTIVE Summer 1 and 2	Positive relationship with self, social media and relationship with self, negative self-talk, managing a range of relationships, personal space, online etiquette, online privacy and personal safety, coercion, unhealthy balance of power in relationships, sources of support	Being in control of... myself	Being in control of... my relationships	Being in control of... personal space	Managing Control and Coercion in Relationships	Being in control of... social media	Assessment
Changing Me (CM) ACTIVE+ Summer 1 and 2	Types of close intimate relationships, physical attraction, legal status of relationships, behaviours in healthy and unhealthy romantic relationships, pornography, sexuality, alcohol and risky behaviour	Different types of relationship	What's in a relationship?	Looks and smiles	Does watching pornography help people to understand relationships?	Alcohol and Risk	Assessment

<b>Year 9</b>	Overview	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Being Me in my World (BW) ACTIVE and Tutorials Aut 1	Perceptions about intimate relationships, consent, sexual exploitation, peer approval, grooming, radicalization, county lines, risky experimentation, positive and negative self-identity, abuse and coercion, coercive control	Expectations and perceptions of relationships	Peer Approval	'Risks'	Being 'me' in a group	Consent	Assessment

<p>Celebrating Difference (CD) ACTIVE and Tutorials Aut 2</p>	<p>Protected characteristics, Equality Act, phobic and racist language, legal consequences of bullying and hate crime, sexism, ageism, positive and negative language, banter, bullying in the workplace, direct and indirect discrimination, harassment, victimisation. Prejudice, discrimination and stereotyping</p>	<p>Equality</p>	<p>Understanding difference</p>	<p>The power of positive language</p>	<p>Bullying</p>	<p>Discrimination</p>	<p>Assessment</p>
<p>Dreams and Goals (DG) ACTIVE and Tutorials Spring 1</p>	<p>Personal strengths, health goals, SMART planning, links between body image and mental health, non-financial dreams and goals, mental health and ill health, media manipulation, self-harm, anxiety disorders, eating disorders, depression.</p>	<p>My personal strengths</p>	<p>The power of planning</p>	<p>My dreams for my life</p>	<p>Mental health and illness</p>	<p>Media manipulation and mental health</p>	<p>Assessment</p>

<p>Healthy Me (H) ACTIVE and Tutorials Spring 2</p>	<p>Misperceptions about young peoples' health choices, physical and psychological effects of alcohol, alcohol and the law, alcohol dependency, drug classification, supply and possession legislation, emergency situations, first aid, CPR, substances and safety, sources of advice and support</p>	<p>Making healthier choices</p>	<p>Alcohol</p>	<p>Using substances (including smoking)</p>	<p>Life-saving skills</p>	<p>Effects of substances</p>	<p>Assessment</p>
<p>Relationships (R ) ACTIVE and Tutorials Summer 1</p>	<p>Power and control in intimate relationships, risk in intimate relationships, importance of sexual consent, assertiveness skills, sex and the law, pornography and stereotypes, contraception choices, family planning, STIs, support and advice services</p>	<p>Power in relationships</p>	<p>Assertiveness and saying no</p>	<p>Porn - is it real?</p>	<p>Contraception</p>	<p>Consequences of unprotected sex</p>	<p>Assessment</p>

Changing Me (CM) ACTIVE and Tutorials Summer 2	Mental health stigma, triggers, support strategies, managing emotional changes, resilience and how to improve it, reflection on importance of sleep in relation to mental health, reflection on body and brain changes, stereotypes	Mental health	Change and our emotions	Better sleep	Resilience	Resilience	Assessment
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<b>Year 10</b>	Overview	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Being Me in my World (BW) ACTIVE and Tutorials Aut 1	Human rights, societal freedom, understanding safety in UK and beyond, ending relationships safely, stages of grief, loss and bereavement, social media and culture, use of online data, threats to online safety, online identity, assessing and managing risk	Liberty and safety in my world	How I feel when things end	How social media affects me, my identity and culture	Rated!	Risk	Assessment
Celebrating Difference (CD) ACTIVE and Tutorials Aut 2	Equality including in the workplace, in society, in relationships. Equality and vulnerable groups. Power and control	Equality: what does it mean to me in the UK?	Equality in the workplace	Multicultural Society	Power in relationships	Challenging inequality	Assessment

<p>Dreams and Goals (DG) ACTIVE and Tutorials Spring 1</p>	<p>Impact of physical health in reaching goals, relationships and reaching goals, work/life balance, connections and impact on mental health, benefits of helping others, online profile and impact on future goals</p>	<p>Relationships and goals</p>	<p>Me, my goals and my health</p>	<p>Work/life balance</p>	<p>A Healthy Balance</p>	<p>A Healthy Balance</p>	<p>Assessment</p>
<p>Healthy Me (H) ACTIVE and Tutorials Spring 2</p>	<p>Improving health, sexual health, blood-borne infections, self-examination, diet and long-term health, misuse of prescription drugs, common mental health disorders, positive impact of volunteering, common threats to health including chronic disease, epidemics, misuse of antibiotics Organ donation Stem cells</p>	<p>My health MOT</p>	<p>What protects my health?</p>	<p>Extraordinary bodies</p>	<p>Extraordinary minds</p>	<p>Diseases, treatments and lifestyle choices</p>	<p>Assessment</p>



<p>Relationships (R ) ACTIVE and Tutorials Summer 1</p>	<p>Sustaining long-term relationships, relationship choices, ending relationships safely, consequences of relationships ending e.g. bullying, revenge porn, grief-cycle. Divorce and separation, impact of family breakup on children, understanding love, fake news and rumour-mongering, abuse in teenage relationships. Legislation, support and advice</p>	<p>Healthy, long-term relationships</p>	<p>Love and loss</p>	<p>Healthy connections</p>	<p>Relationships - don't believe what you see!</p>	<p>Better together?</p>	<p>Assessment</p>
<p>Changing Me (CM) ACTIVE and Tutorials Summer 2</p>	<p>Impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully, decision making, sexual identity gender, spectrum of sexuality, stereotypes in romantic relationships, sexual identity and risk, family change, sources of support.</p>	<p>Changing society and me</p>	<p>Managing change and decision making</p>	<p>Gender and sexual identity</p>	<p>Gender stereotypes and sexual identity</p>	<p>Physical and emotional changes</p>	<p>Assessment</p>

<p><b>Year 11</b></p>	<p>Overview</p>	<p>Lesson 1</p>	<p>Lesson 2</p>	<p>Lesson 3</p>	<p>Lesson 4</p>	<p>Lesson 5</p>	<p>Lesson 6</p>
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<p>Being Me in my World (Active and Tutorials Autumn 1)</p>	<p>Equality in relation to disability including hidden, consequences of not adhering to Equality Act, employers' responsibilities, benefits of multicultural societies, impact of unfair treatment on mental health, misuse of power, campaigning for equality</p>	<p>Becoming an adult</p>	<p>Relationships and the law</p>	<p>The law and you</p>	<p>Me, the internet and the law</p>	<p>Emergency situation</p>	<p>Assessment</p>
<p>Dreams and Goals (Active and Tutorials Autumn 2)</p>	<p>Aspiration on; career, finances, relationships, health. Skills identification, realistic goals, gambling, financial pressure, debt, dream jobs, skill set, education and training options, long-term relationship dreams and goals, parenting skills and challenges, resilience, what to do when things go wrong.</p>	<p>Managing anxiety and overwhelm</p>	<p>Money and debt</p>	<p>Dream jobs and skill set</p>	<p>My future relationships</p>	<p>What to do when things go wrong</p>	<p>Assessment</p>

<p>Healthy Me (Active and Tutorials Spring 1)</p>	<p>Managing anxiety and stress, exam pressure, concentration strategies, work-life balance, sexual health, hygiene, self-examination, STIs, sexual pressure, fertility, contraception, pregnancy facts and myths, identifying a range of health risks and strategies for staying safe</p>	<p>Relaxation and managing stress</p>	<p>Hygiene and health</p>	<p>Under pressure</p>	<p>Pregnancy and choice</p>	<p>Staying safe in sexual relationships</p>	<p>Assessment</p>
<p>Relationships (Active and Tutorials Spring 2)</p>	<p>Stages of intimate relationships, positive and negative connotations of sex, protecting sexual and reproductive health, safely ending relationships, spectrum of gender and sexuality, LGBT+ rights and protection under the Equality Act, "coming out" challenges, LGBT+ media stereotypes, power, control and sexual experimentation, forced marriage, honour-based violence, FGM and other abuses, hate crime, sources of support</p>	<p>Intimate romantic relationships</p>	<p>Gender diversity and sexuality</p>	<p>Coming Out as LGBT+</p>	<p>Who holds all the cards?</p>	<p>The last taboos</p>	<p>Assessment</p>