

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