

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
<b>Year 7</b>	<b>Managing puberty, the issues of unwanted contact and FGM, Self-esteem , romance and relationships and Exploring family life</b>												
<b>PSHE tutor</b>	How to make healthy lifestyle choices: Diet, Dental, Exercise	Abuse	Puberty changes 2	How to respond unwanted contact	Influences on health – caffeine , smoking , alcohol	Self-worth and self-efficacy	Challenging gender stereotypes	Unhealthy relationships	Recognise and challenge media stereotypes	Expectations of romantic relationships	Careers	Consent basics	Quiz to be made KTA C3
<b>Assembly</b>	HoY	Sleep factor	Periods- part 1	Periods- part 2	Different families – basics	Honesty	About qualities and behaviours: positive relationship	Equal opportunities	Honesty	Respect	Careers	FGM	Celebration
<b>Year 8</b>	<b>Managing change, grief and loss, Sexting and pornography and Tackling racism and religious discrimination, promoting human rights</b>												
<b>PSHE tutor</b>	Attitudes about mental health	Daily wellbeing	How to manage emotions	Healthy coping strategies	Mental health stigma and myths	Disinformation and misinformation	How to demonstrate positive behaviours in healthy relationships	Forming new partnerships and developing new relationships	Over the counter and prescription tablets	Medicinal drugs	Careers	Sharing sexual images	Consent
<b>Assembly</b>	Abuse	Healthy relationships	Link between mental and physical health	Safer online relationships	Bias writing bubbles	How to deal with anger	Talking about feelings	Gender stereotypes	Habit and dependence	Energy drinks : overconsumption	Careers	Risks of sexting	Celebration
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
<b>Year 9</b>	<b>Tackling homophobia, transphobia and sexism, Assessing the risk of drug and alcohol abuse and addiction and Relationships and sex education including healthy relationships, consent, STIs</b>												
<b>PSHE tutor</b>	Gender Identity and Discrimination	Challenging Homophobia and Biphobia	Exploring attitudes to drugs and alcohol	Drugs and their effects	Medicinal and Recreational Drugs	Drug and Alcohol Addiction	Drug and Alcohol	Consent 1	Sexting and The Law	Contraception 2	Careers	Sexualised images and their harmful impact.	Quiz to be made C3 KTA
<b>Assembly</b>	HOY	Gender and Challenging Sexism	Assessing the risks of drugs and alcohol	Managing Influences in relation to substance use	Help seeking and sources of support.	Introduction to Sex Education	Readiness for sexual activity	Consent 2	Contraception basics	Unplanned pregnancy	Careers	Portrayal of relationships in television and healthy relationships	Celebration
<b>Year 10</b>	<b>Tackling domestic abuse and forced marriage, understanding different families and learning parenting skills and personal values and assertive communication in relationships</b>												
<b>PSHE tutor</b>	Healthy relationships	Signs of domestic abuse	Domestic Abuse	Domestic abuse support	Challenging harassment and stalking	Forced Marriage 1	Types of families 1	Types of families 2	Parent Skills	Gender identity and expression	Careers	Assertive communication	Quiz to be made RLA C3
<b>Assembly</b>	HOY Rewards	Unhealthy relationships	FGM 1	Honour based violence – FGM 2	Managing unwanted attention	Forced Marriage 2	Same sex, single parent and blended families	Adoption and fostering	Parent responsibilities and challenges	Gender equality	Careers	Assertive communication	Celebration