

	Autumn	Spring	Summer
Year 7	<p>Health and Wellbeing</p> <p>Understanding physical health: diet, exercise, caffeine, tobacco, alcohol, sleep and brain changes during adolescence.</p>	<p>Exploring Puberty</p> <p>Understanding the social, emotional and physical changes associated with puberty. Learning how to safely navigate online relationships.</p>	<p>Relationships</p> <p>Understanding self, what makes healthy relationships (consent) and how to manage unhealthy relationships, including unhealthy representations in the media and pornography.</p>
Year 8	<p>Health and Wellbeing</p> <p>Adolescent brain, hormones & sleep. Substance use and abuse.</p>	<p>Mental health</p> <p>Attitudes, misconceptions, resilience, setbacks, digital resilience, self-harm, eating disorders, change-loss-grief, healthy & unhealthy coping strategies.</p>	<p>Relationships</p> <p>Revisiting healthy / unhealthy relationships. Exploring gender and sexual identity. Safe sex: introduction to contraceptives, STIs and the impact of pornography.</p>
Year 9	<p>Health and Wellbeing</p> <p>Peer influence, risk taking, substances (alcohol, cannabis, vaping) and gangs.</p>	<p>Mental health</p> <p>Thinking about mental health, brain and body, positive emotions, engagement, relationships, meaning and accomplishment.</p>	<p>Relationships</p> <p>Healthy intimate relationships (consent & safe sex). The impact of pornography and the risks of sending nudes.</p>
Year 10	<p>Relationships</p> <p>Intimate relationships: pornography, consent, managing conflict, abusive relationships and rape.</p>	<p>Wellbeing for life</p> <p>Managing emotions, distractions, changing negative thinking patterns, managing stress, coping with change, loss and grief.</p>	<p>Staying safe</p> <p>Sextortion and blackmail. Substance use / abuse, addiction and dependency.</p>
Year 11	<p>Relationships</p> <p>Negotiating relationship conflict; recognising exploitation; dealing with unplanned pregnancy; parenting; abortion; consent and the law.</p>	<p>Mental Health</p> <p>Positive psychology, critical thinking, brain development, sleep, managing stress, seeking help and boosting mood.</p>	<p>Revision for GCSEs</p>