

Year Group	Autumn Term	Spring Term	Summer Term
Year 7	Growing and Changing – puberty, personal hygiene, emotional wellbeing and physical development. Healthy lifestyles – healthy eating, exercise, smoking, vaping, online safety and scams.	Relationships – communication, different relationship types, commitment, consent, boundaries and peer influence.	Healthy minds – mental health, resilience, recognising concerns and seeking support. Identity and community – diversity, British values, personal identity and first aid.
Year 8	Healthy lifestyles – risk-taking behaviours, drugs education, personal safety and health awareness. Citizenship – democracy, justice, rules and the law.	Relationships and sexuality – consent, online relationships, rights and sexual orientation. Online safety and finance – scams, fraud, misinformation and digital responsibility.	Healthy minds – coping strategies, grief, loss and accessing support. Identity and community – community safety, gangs, county lines and first aid.
Year 9	Healthy lifestyles – alcohol awareness, body image, adolescent development and decision-making. Citizenship – democracy, Parliament, voting and political influence.	Relationships and sexual health – consent, contraception, relationships, pregnancy and parenting.	Healthy minds – mental health conditions, wellbeing and support services. Identity and community – equality, anti-racism, challenging stereotypes and CPR awareness.
Year 10	Healthy lifestyles – substance misuse, addiction and managing risk. Citizenship – human rights, government accountability and active citizenship.	Relationships – online harms, consent and healthy relationships. Finance and futures – careers, employability, interviews, taxation and financial literacy.	Healthy minds – resilience, stress management, anxiety and preparing for adulthood. Identity and community – extremism awareness, media literacy and practical CPR training.
Year 11	Finance and futures – budgeting, ethical consumerism and financial decision-making. Citizenship – rights, protest, democracy and balancing freedoms.	Relationships and sexual health – healthy relationships, sexual health, fertility and risk awareness. Healthy minds – wellbeing, relationship management and revision science.	Preparation for next steps – exam wellbeing, revision strategies, study habits and Post-16 transition.