



Growing Up

Year 7

- What is puberty? (2.2)
- Puberty—Key Questions (2.3)
- Personal Hygiene (2.4)
- Why am I feeling like this?

Relationships

Year 7

- What are the different types of relationships? (3.1)

Year 8

- What is a healthy relationship? (3.2)
- Communication Skills (3.3)

Year 9

- Is commitment important in relationships? (3.4)
- Abuse in relationships (3.5)

Year 10

- Relating to others (2.1)
- Skills for successful relationships (2.2)
- Parenting skills and family life (2.3)

Year 11

- Exploitation and abuse in relationships (2.4)
- Help and support for relationships (2.5)

Sex, Sexuality and Sexual Health

Year 8

- Choices around sex (4.1)
- Sex and the law (4.3)
- Conception, pregnancy and birth (4.4)

Year 9

- Pornography and sexting (4.2)
- What is contraception? (4.5)
- What are STIs? (4.6)

Year 10

- Sexual Health (3.3)
- Pornography (3.5)

Year 11

- Consent (3.1)
- Sexual relationships (3.2)
- Pregnancy choices (3.4)



Alcohol, tobacco and other drugs

Year 8

- Drugs - an introduction (5.1)
- Drugs and the law (5.2)
- Alcohol (5.3)
- Smoking and vaping (5.4)

Year 9

- Impact of drug taking (5.5)
- How do I manage situations involving drugs? (5.6)

Year 10

- Drugs (4.1)
- Alcohol (4.2)

Year 11

- Addiction and dependency (4.3)

Emotional Wellbeing and Mental Health

Year 7

- What are 'emotional wellbeing' and 'mental health'? (6.1)
- What is resilience? (6.2)
- Feelings and how to manage them (6.3)

Year 8

- What impacts our mental wellbeing? (6.4)
- How do I cope with loss and bereavement? (6.5)
- Recognising the signs of poor mental health (6.6)
- Who can help? - Support Services (6.8)
- Ways to look after our emotional wellbeing (6.7)

Year 9

- N/A - cross over with other topics e.g., relationships/healthy lifestyle.

Year 10

- Emotional wellbeing (5.1)
- Pressures and influences (5.3)
- Bereavement (5.6)

Year 11

- Dealing with stress (5.2)
- Facing challenges (5.4)
- Work-life balance (5.5)



Healthy Lifestyle

Year 7

- What do I need to keep healthy? (7.1)

Year 8

- Healthy eating (7.2)
- Energy Drinks
- Exercise (7.3)

Year 9

- Things that support our health (7.4)
- When health goes wrong (7.5)

Year 10

- Influences on health (6.1)
- Planning healthy meals and being active (6.2)
- Being health aware (6.3)

Risk and Safety

Year 7

- What do we mean by 'risk'? (8.1)
- Bullying (8.4)
- Female Genital Mutilation - FGM (8.7)

Year 9

- How do we manage risky situations? (8.2)
- Being assertive and dealing with pressure (8.3)
- Gambling (8.5)
- Gangs and knife crime (8.6)
- First aid and CPR (8.8)
- Who can help? (8.9)

Year 10

- The teenage brain (7.1)
- Rights and responsibilities online (7.2)
- When things go wrong online (7.3)
- Gangs and knife crime (7.4)



Identity

Year 7

- Who am I? (9.1)
- What does 'family' mean? (9.2)
- How can I contribute to family life? (9.3)

Year 8

- Stereotypes (9.5)
- Faith and values (9.6)

Year 9

- Gender Identity and Gender Critical Belief (9.4)
- How am I doing? (9.7)
- What are my rights and responsibilities? (9.8)

Year 10

- Individual, family and community values (8.1)
- Diverse and conflicting values (8.2)
- Gender identity and Gender Critical Belief (8.3)

Communities

Year 7

- Understanding our communities (10.1)
- How do I feel about 'difference'? (10.2)

Year 8

- How can we values each other? (10.3)
- What makes a successful community? (10.4)

Year 9

- What can cause problems in communities? (10.5)
- Hate Crime and radicalisation (10.6)
- How can I contribute to my community? (10.7)
- What do voluntary agencies do? (10.8)
- How can we challenge prejudice and discrimination? (10.9)

Year 10

- Living in Britain (9.1)
- The Equality Act and hate crimes (9.2)
- Discrimination through invisibility (9.3)
- Challenging discrimination (9.4)
- Democracy and voting (9.5)



Money and me | Finance | Business and enterprise

Year 7

- How do I save and how do I budget? (12.1)
- What influences our spending? (12.3)

Year 8

- How enterprising am I? (12.3)

Year 10

- Budgeting (11.1)
- Responsible consumerism (11.2)
- Ethical consumerism (11.3)
- Consumerism and giving (11.4)
- Credit and debt (11.5)
- Money stresses and pressure (11.6)