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Unit 1: Growing Up

1. What is puberty?
2. Puberty: key questions
3. Mental wellbeing and puberty
4. FGM
5. Personal Hygiene
6. Why am I feeling like this?

Unit 2: Relationships

1. What are the different types of relationships?

Unit 3: Emotional Wellbeing and Mental Wellbeing

1. What are 'emotional wellbeing' and 'mental wellbeing'?
2. What is Resilience?
3. Feelings and how to manage them

Unit 4: Healthy Lifestyle

1. What do I need to keep healthy?

Unit 5: Citizenship - What is crime?

1. What is a crime?
2. What reasons are behind criminal behaviour?
3. What is the role of the police in dealing with crime?
4. Is youth crime really as serious as the media suggest?
5. What can communities do to help prevent crime?
6. What does a successful crime prevention strategy look like? (probably no time for this one)

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Unit 1: Relationships

1. What is a healthy relationship?
2. Communication skills

Unit 2: Sex, Sexuality and Sexual Health

1. Choices around sex
2. Sex and the law

Unit 3: Alcohol, Tobacco and other Drugs

1. Drugs – an introduction
2. Drugs and the law
3. Vaping

Unit 4: Life Skills

1. Overcoming conflict and finding forgiveness
2. Developing your leadership skills

Unit 5: Citizenship - What is the law and how is it changed?

1. How are laws made? Criminal vs Civil law
2. Can citizens change laws?
3. Should the age of criminal responsibility be changed?
4. How is the criminal justice system applied to young people?
5. Deliberative debate: should we review the age of criminal responsibility?

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Unit 1: Relationships

1. Is commitment important in relationships?
2. Abuse in Relationships

Unit 2: Sex, Sexuality and Sexual Health

1. Pornography
2. Sexting
3. What is contraception?
4. What are STIs?

Unit 3: Alcohol, Tobacco and other Drugs

1. Impact of drug taking
2. How do I manage situations involving drugs?

Unit 4: Risk and Safety

1. How do we manage risky situations?
2. Being assertive and dealing with pressure
3. Gangs and knife crime
4. Radicalisation

Unit 5: Identity

1. Gender identity belief, gender critical belief and the law