



Session	Learning Focus	Lesson and learning	Resources
Yr 7: Personal hygiene	<i>The importance of personal hygiene</i>	Students will learn about <ul style="list-style-type: none">personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.	Personal hygiene
Yr 7: Healthy Lifestyle – Exercise	<i>How exercise is important in a healthy lifestyle.</i>	Students will learn about <ul style="list-style-type: none">the benefits of physical activity and exercise for physical and mental health and wellbeingto recognise and manage what influences their choices about physical activitythe importance of, and strategies for, maintaining a balance between school, work, leisure, exercise, and online activitiesTo make informed life style choices regarding sleep, diet and exercisethe importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.	Healthy Lifestyle – Exercise
Yr 7: Healthy Lifestyle – Diet and healthy eating	<i>How diet and healthy eating are important in a healthy lifestyle</i>	Students will learn about <ul style="list-style-type: none">what might influence decisions about eating a balanced diet and strategies to manage eating choiceswhat might influence decisions about eating a balanced diet and strategies to manage eating choices	Healthy Lifestyle – Diet and healthy eating



		<ul style="list-style-type: none">the causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders, and the need to seek help for themselves or others as soon as possible	
Yr 7: Puberty	<i>What puberty is and how it will affect the body and emotions.</i>	Students will learn about <ul style="list-style-type: none">key facts about puberty, the changing adolescent body and menstrual wellbeing.the main changes which take place in males and females, and the implications for emotional and physical healthhow we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing	Puberty
Yr 7: Mental health	<i>This importance of mental health and how to access support.</i>	Students will learn about <ul style="list-style-type: none">What we mean by mental healthHow to recognise mental health issues and where to get help.How we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeinghow self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing thisthe benefits of having a balanced approach to spending time online and the effect social media can have on your mental health.the causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders, and	Mental health



		the need to seek help for themselves or others as soon as possible	
Yr 8: Sexting	<i>What sexting is, the law relating to it and how to protect yourself.</i>	<p>Students will learn about</p> <ul style="list-style-type: none">• What is meant by sexting and where to get help if they need it.• their rights, responsibilities, and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.• what constitutes sexual harassment and why this is always unacceptable.• not to provide material to others that they would not want shared further and not to share personal material which is sent to them.• about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.• the impact that media and social media can have on how people think about themselves and express themselves, including regarding body image, physical and mental health• how self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this• the benefits of having a balanced approach to spending time online.	Sexting
Yr 8: Fitness	<i>The importance of fitness and exercise.</i>	<p>Students will learn about</p> <ul style="list-style-type: none">• Why fitness is important	Fitness



		<ul style="list-style-type: none">• the benefits of physical activity and exercise for physical and mental health and wellbeing• to recognise and manage what influences their choices about physical activity• the importance of, and strategies for, maintaining a balance between school, work, leisure, exercise, and online activities	
Yr 8: Bullying	<i>What constitutes bullying and the impact it has. How to show tolerance, understanding and access help when needed.</i>	<p>Students will learn about</p> <ul style="list-style-type: none">• about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.• how to identify and articulate a range of emotions accurately and sensitively, using appropriate vocabulary• the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.• that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.• how self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this• the characteristics of mental and emotional health and strategies for managing these	Bullying



Yr 8: Healthy respectful relationships	<i>The features of healthy respectful relationships</i>	Students will learn about <ul style="list-style-type: none">• The features of a respectful relationship• Where to get help if they are worried about a relationship• how to identify and articulate a range of emotions accurately and sensitively, using appropriate vocabulary• the characteristics of mental and emotional health and strategies for managing these how self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this	Healthy respectful relationships
Yr 8: Effects of smoking	<i>How smoking affects the body, short- and long-term consequences.</i>	Students will learn about <ul style="list-style-type: none">• The physical effects of smoking on the body• the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.• Where to get help if they are worried about smoking.• strategies to manage a range of influences on drug, alcohol, and tobacco use, including peers• to evaluate myths, misconceptions, social norms, and cultural values relating to drug, alcohol, and tobacco use• the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.	Effects of smoking



Yr 9: Contraceptive options	<i>How to make informed contraceptive choices.</i>	Students will learn about <ul style="list-style-type: none">• What contraception is.• the facts about the full range of contraceptive choices, efficacy, and options available.• Where they can get contraceptives and how to access help if needed.	Contraceptive options
Yr 9: STD	<i>What STDs are, how they are spread and the importance of seeking medical help</i>	Students will learn about <ul style="list-style-type: none">• how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.• about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.• the importance of taking increased responsibility for their own physical health; the purpose of testing and screening offered during adolescence for individuals and society.	STD's
Yr 9: Body Positivity and image	<i>What is meant by body positivity and image, what can influence it and where to access help.</i>	Students will learn about <ul style="list-style-type: none">• What is meant by body positivity and self-image and where they can get help if they are concerned.• the impact that media and social media can have on how people think about themselves and express themselves, including regarding body image, physical and mental health• simple strategies to help build resilience to negative opinions, judgements, and comments• how different media portray idealised and artificial body shapes; how this influences body satisfaction	Body positivity and image



		<p>and body image and how to critically appraise what they see and manage feelings about this</p> <ul style="list-style-type: none"> the benefits of having a balanced approach to spending time online 	
Yr 9: Eating disorders	<i>What eating disorders, their impact on health and where to access help</i>	<p>Students will learn about</p> <ul style="list-style-type: none"> What an eating disorder is and the impact it can have on health. Where to get help if they are concerned about their own or others eating habits. what might influence decisions about eating a balanced diet and strategies to manage eating choices the causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders, and the need to seek help for themselves or others as soon as possible 	Eating disorders
Yr 9: Pregnancy and miscarriage	<i>What choices exist around pregnancy and what a miscarriage is.</i>	<p>Students will learn about</p> <ul style="list-style-type: none"> Where to get help if they are worried about the themes of the lesson. the facts around pregnancy including miscarriage. the facts about the full range of contraceptive choices, efficacy, and options available. that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, abortion covered in Y10) 	Pregnancy choices and miscarriage
Yr 10: Self-examination and screening	<i>Why self-examination and screening are important and how to access help</i>	<p>Students will learn about</p> <ul style="list-style-type: none"> the benefits of regular self-examination and screening. the importance of taking increased responsibility for their own physical health including dental check-ups, sun safety and self-examination (especially testicular 	<u>Self-examination and screening</u>



		<p>self-examination); the purpose of vaccinations offered during adolescence for individuals and society. Link to cervical cancer/HPV vaccination</p> <ul style="list-style-type: none"> • about the health services available to people; strategies to become a confident user of the NHS and other health services; to overcome potential concerns or barriers to seeking help. • Don't die of embarrassment and link to SPC Movember assembly. 	
Yr 10: Fertility and pregnancy – Abortion	<i>What we mean by fertility and the law around abortion</i>	<p>Students will learn about</p> <ul style="list-style-type: none"> • Recall from Y9 the facts around pregnancy including miscarriage. • that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including abortion) • the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause. • the facts about the full range of contraceptive choices, efficacy, and options available. 	<u>Fertility and Pregnancy - Abortion</u>
Yr 10: Choices in sex and relationships	<i>Safe and respectful relationships and where to access help</i>	<p>Students will learn about</p> <ul style="list-style-type: none"> • Where to get help if they are concerned about any of the themes in the lesson. • how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship. • how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online). 	<u>Choices in sex and relationships</u>



		<ul style="list-style-type: none">• that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure, and not pressurising others.• that they have a choice to delay sex or to enjoy intimacy without sex.• that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.• what constitutes sexual harassment and sexual violence and why these are always unacceptable.• practical steps they can take in a range of different contexts to improve or support respectful relationships.• how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online).• that specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners• the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships.	
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<p>Yr 10: Emotions in relationships</p>	<p><i>How emotions can change in different stages of relationships and how this can affect the relationship.</i></p>	<p>Students will learn about</p> <ul style="list-style-type: none">• Where to get help if you are concerned.• the characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people's mental health• practical steps they can take in a range of different contexts to improve or support respectful relationships.• how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online).	<p>Emotions in different stages of relationships</p>
<p>Yr 10: Risky sexual behaviour in relation to drugs and alcohol.</p>	<p><i>How being under the influence of drugs and alcohol can lead to risky behaviour.</i></p>	<p>Students will learn about</p> <ul style="list-style-type: none">• Where to get help if they are concerned about any themes in the lesson.• how the use of alcohol and drugs can lead to risky sexual behaviour.• the law relating to the supply, use and misuse of legal and illegal substances• about the concepts of dependence and addiction including awareness of help to overcome addictions• The consequences of substance use and misuse for the mental and physical health and wellbeing of individuals and their families, and the wider consequences for communities• wider risks of illegal substance use for individuals, including for personal safety, career, relationships, and future lifestyle• how people can actively communicate and recognise consent from others, including sexual consent, and	<p>Risky sexual behaviour – Drugs and Alcohol</p>



		how and when consent can be withdrawn (in all contexts, including online).	
Yr 11: Parenting and the law	<i>The law in relation to parenting and responsibilities.</i>	Students will learn about <ul style="list-style-type: none"> the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. how to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed. 	Parenting and the law
Yr 11: STI's external delivery by Nursing team	<i>Support available for safe sex choices, the c card and sexual health clinics available.</i>	Students will learn about <ul style="list-style-type: none"> The C card and where they can access both in school and external sexual health advice. that they have a choice to delay sex or to enjoy intimacy without sex. how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online). the importance of taking increased responsibility for their own physical health about the health services available to people; strategies to become a confident user of the NHS and other health services; to overcome potential concerns or barriers to seeking help how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment. 	STI's – EXTERNAL delivered by nursing team



<p>Yr 11: Common illnesses</p>	<p><i>Common illnesses and medical conditions such as cancer and diabetes</i></p>	<p>Students will learn about</p> <ul style="list-style-type: none">• Where to get help if they are concerned.• Common illnesses and correlations to lifestyle choices such as Coronary Heart disease (increased cholesterol) , strokes (increased cholesterol), diabetes (type 2 diet) and cancer (eg smoking).• Actions in relation to these conditions in an emergency (FAST, community defibrillators etc) and long-term management (lifestyle adjustments)• the importance of taking increased responsibility for their own physical health• about the health services available to people; strategies to become a confident user of the NHS and other health services; to overcome potential concerns or barriers to seeking help• how to take increased personal responsibility for maintaining and monitoring health including cancer prevention, screening, and self-examination	<p><u>Common illnesses and medical conditions such as cancer and diabetes</u></p>
<p>Yr 11: Impact of poor lifestyle choices</p>	<p><i>How poor lifestyle choices could influence your physical and mental health, employability, and personal safety.</i></p>	<p>Students will learn about</p> <ul style="list-style-type: none">• Where to get help if they are concerned about the themes of the lesson.• The consequences of substance use and misuse for the mental and physical health and wellbeing of individuals and their families, and the wider consequences for communities and their future careers.• wider risks of illegal substance use for individuals, including for personal safety, career, relationships, and future lifestyle	<p><u>Impact of poor lifestyle choices</u></p>



		<ul style="list-style-type: none"> • the benefits of having a balanced approach to spending time online and how gaming for example may have negative impacts. • to assess and manage risks associated with cosmetic and aesthetic procedures, including tattooing, piercings, and the use of sunbed. How some choices might affect first impressions and limit employability • The ways in which industries and advertising can influence health and harmful behaviours • the personal and social risks and consequences of substance use and misuse including occasional use 	
Yr 11: Tissue donation	<i>Blood, organ and stem cell donation and its impact on individuals and society</i>	<p>Students will learn about</p> <ul style="list-style-type: none"> • the laws and guidelines around donation • about the science relating to blood, organ and stem cell donation. • personal choice in relation to donation and considering others' opinions. 	<u>Blood, organ and stem cell donation</u>
Yr 12: Professional communications	<i>Professional communication using email and phone in relation to work and formal communications.</i>	<p>Students will learn about</p> <ul style="list-style-type: none"> • How to compose a letter or email for professional correspondence. • The use of appropriate language and tone in professional communications. • How to use phone communication effectively in a professional setting or when contacting professional institutions. • Have an awareness that organisations have a code of conduct and how to ensure they do not breach this code in relation to communications 	Professional Communication (email and phone)



Yr 12: Interview techniques	<i>The importance of an interview, how to prepare and be successful.</i>	Students will learn about <ul style="list-style-type: none">• The purpose of an interview – for you to decide if you want to work for them and if you are a good fit for the organisation.• How to present yourself for an interview.• How to prepare for an interview – common questions that might be asked.• The dos and don'ts of interviews – eg shake hands, eye contact etc. Don't be over familiar, swear etc.• How to sell yourself and highlight your personal skills.• Modelling and practicing learning• Where to get help with interview techniques	Interview techniques
Yr 12: Covering letters.	<i>How to write covering letters and respond to job specifications.</i>	Students will learn about <ul style="list-style-type: none">• What a job specification is and why it is important.• What a covering letter is and why it is important – First impression of you.• How to ensure you use your covering letter to address points in the job specification and why this is important.• What to do if you do not get an interview following an application.• Where to get help with applications and covering letters.	Covering letters and responding to job specifications
Yr 12: Workplace behaviour and values	<i>Appropriate behaviour in the workplace and why values are important</i>	Students will learn about <ul style="list-style-type: none">• Workplace values and why are they important.• Your rights in the workplace.• Acceptable behaviour in the workplace.• The law in relation to work, pay and unions.• Where you can get employment help.	Workplace behaviours and values



		<ul style="list-style-type: none"> • Have an awareness that organisations have a code of conduct and how to ensure they do not breach this code. 	
Yr 13: Body check	<i>How to ensure you know your body and what to do if you notice changes</i>	<p>Students will learn about</p> <ul style="list-style-type: none"> • about the health services available to people; strategies to become a confident user of the NHS and other health services; to overcome potential concerns or barriers to seeking help • how to take increased personal responsibility for maintaining and monitoring health including cancer prevention, screening, and self-examination • the benefits of regular self-examination and screening. • Where to access help if they are concerned 	Body check
Yr 13: Healthy lifestyles – Sleep, diet, and nutrition	<i>The importance of a healthy lifestyle beyond school – Sleep, diet, and nutrition</i>	<p>Students will learn about</p> <ul style="list-style-type: none"> • the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health. • the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn. • To make informed lifestyle choices regarding sleep, diet and exercise • Where to access help if they are concerned, in school, university and beyond. 	Healthy lifestyles – Sleep, diet, and nutrition
Yr 13: Cooking on a budget	<i>Making food choices and preparing a healthy meal on a budget (2hrs)</i>	<p>Students will learn about</p> <ul style="list-style-type: none"> • How to use a budget to make healthy eating choices. • How to manage a budget for weekly meals. 	Cooking on a budget (2hrs)



		<ul style="list-style-type: none">• How to cook a healthy meal and the importance of healthy eating.• how to maintain healthy eating and the links between a poor diet and health risks.	
Yr 13: Benefits of physical activity	<i>Benefits of physical activity beyond school and how to balance this with University/ongoing training and work.</i>	Students will learn about <ul style="list-style-type: none">• the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.• the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.• to recognise and manage what influences their choices about physical activity• the importance of, and strategies for, maintaining a balance between school, work, leisure, exercise, and online activities• how to maintain this balance as you move on to university/further training and work.	Benefits of physical activity