



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15
Autumn	Me and my Relationships Our ideal classroom (1), Our ideal classroom (2), How are you feeling today? Bullying or teasing? Don't do that! Types of bullying, being a good friend, let's all be happy!							Valuing Difference What makes us who we are? How do we make others feel? My special people, when someone is feeling left out, An act of kindness, Solve the problem							
Spring	Keeping Myself Safe Harold's picnic, How safe would you feel? What should Harold say? I don't like that! Fun or not? Should I tell? Some secrets should never be kept						Rights and Responsibilities Getting on with others, When I feel like erupting, Feeling safe, How can we look after our environment?, Harold saves for something special, Harold goes camping, Playing games								
Summer	Being my Best You can do it!, My day, Harold's postcard - helping us to keep clean and healthy, Harold's bathroom, My body needs, What does my body do?						Growing and Changing A helping hand, Sam moves away, Haven't you grown!, My body, your body, Respecting privacy, Basic first aid								



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Autumn	Me and my Relationships As a rule, My special pet, Tangram team challenge, Looking after our special people, How can we solve this problem?, Dan's dare, Thunks, Friends are special							Valuing Difference Family and friends, My community, Respect and challenge, Our friends and neighbours, Let's celebrate our differences,							
Spring	Keeping Myself Safe Safe or unsafe?, Danger or risk?, The Risk robot, Alcohol and cigarettes: the facts, Super Searcher, None of your business!, Raisin challenge (1), Help or harm?						Rights and Responsibilities Our helpful volunteers, Helping each other to stay safe, Recount task, Harold's environment project, Can Harold afford it?, Earning money								
Summer	Being my Best Derek cooks dinner! (healthy eating), Poorly Harold, For or against?, I am fantastic!, Getting on with your nerves!, Body team work, Top talents						Growing and Changing Relationship tree, Body space, Secret or surprise?, My changing body, Basic first aid								



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Autumn	Me and my Relationships An email from Harold!, Ok or not ok? (part 1), Ok or not ok? (part 2), Human machines, Different feelings, When feelings change, Under pressure							Valuing Difference Can you sort it?, Islands, Friend or acquaintance?, What would I do?, The people we share our world with, That is such a stereotype!							
Spring	Keeping Myself Safe Danger, risk or hazard?, Picture wise, How dare you!, Medicines: check the label, Know the norms ,Keeping ourselves safe, Raisin challenge (2)						Rights and Responsibilities Who helps us stay healthy and safe?, It's your right, How do we make a difference?, In the news!, Safety in numbers, Logo quiz, Harold's expenses, Why pay taxes?								
Summer	Being my Best What makes me ME!, Making choices, SCARF hotel, Harold's Seven Rs, My school community (1), Basic first aid						Growing and Changing What makes me ME!, Making choices, SCARF hotel, Harold's Seven Rs, My school community (1), Basic first aid								



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Autumn	Me and my Relationships Collaboration Challenge!, Give and take, How good a friend are you?, Relationship cake recipe, Being assertive, Our emotional needs, Communication							Valuing Difference Qualities of friendship, Kind conversations, Happy being me, The land of the Red People, Is it true?, It could happen to anyone							
Spring	Keeping Myself Safe 'Thunking' about habits, Jay's dilemma, Spot bullying, Ella's diary dilemma, Decision dilemmas, Play, like, share, Drugs: true or false?, Smoking: what is normal?, Would you risk it?							Rights and Responsibilities What's the story?, Fact or opinion?, Rights, responsibilities and duties, Mo makes a difference, Spending wisely, Lend us a fiver!, Local councils							
Summer	Being my Best Getting fit, It all adds up!, Different skills, My school community (2), Independence and responsibility, Star qualities?, Basic first aid, including Sepsis Awareness							Growing and Changing How are they feeling?, Taking notice of our feelings, Dear Hetty, Changing bodies and feelings, Growing up and changing bodies, It could happen to anyone, Help! I'm a teenager - get me out of here!, Dear Ash, Stop, start, stereotypes							



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Autumn	Me and my Relationships Working together, Let's negotiate, Solve the friendship problem, Assertiveness skills (formerly Behave yourself - 2), Behave yourself, Dan's day, Don't force me, Acting appropriately, It's a puzzle							Valuing Difference OK to be different, We have more in common than not, Respecting differences, Tolerance and respect for others, Advertising friendships!, Boys will be boys? - challenging gender stereotypes							
Spring	Keeping Myself Safe Think before you click!, Traffic lights, To share or not to share?, Rat Park, What sort of drug is...?, Drugs: it's the law!, Alcohol: what is normal?, Joe's story (part 1), Joe's story (part 2)							Rights and Responsibilities Two sides to every story, Fakebook friends, What's it worth?, Jobs and taxes, Action stations!, Project Pitch (parts 1 & 2), Happy shoppers - caring for the environment, Democracy in Britain 1 - Elections, Democracy in Britain 2 - How (most) laws are made							
Summer	Being my Best Five Ways to Wellbeing project, This will be your life!, Our recommendations, What's the risk? (1), What's the risk? (2), Basic first aid, including Sepsis Awareness							Growing and Changing Helpful or unhelpful? Managing change, I look great!, Media manipulation, Pressure online, Is this normal?, Dear Ash, Making babies, What is HIV?							



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Autumn	Health and Wellbeing Transition and safety • how to identify, express and manage their emotions in a constructive way • how to establish and manage friendships • how to improve study skills • how to identify personal strengths and areas for development • personal safety strategies and travel safety, e.g. road, rail and water • how to respond in an emergency situation • basic first aid							Living in the Wider World Developing skills and aspirations • how to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity • about a broad range of careers and the abilities and qualities required for different careers • about equality of opportunity • how to challenge stereotypes, broaden their horizons and how to identify future career aspirations • about the link between values and career choices							
Spring	Relationships Diversity • about identity, rights and responsibilities • about living in a diverse society • how to challenge prejudice, stereotypes and discrimination • the signs and effects of all types of bullying, including online • how to respond to bullying of any kind, including online • how to support others						Health and Wellbeing Health and puberty • how to make healthy lifestyle choices including diet, dental health, physical activity and sleep • how to manage influences relating to caffeine, smoking and alcohol • how to manage physical and emotional changes during puberty • about personal hygiene • how to recognise and respond to inappropriate and unwanted contact • about FGM and how to access help and support								
Summer	Relationships Building relationships • how to develop self-worth and self-efficacy • about qualities and behaviours relating to different types of positive relationships • how to recognise unhealthy relationships • how to recognise and challenge media stereotypes • how to evaluate expectations for romantic relationships • about consent, and how to seek and assertively communicate con-						Living in the Wider World Financial decision making • how to make safe financial choices • about ethical and unethical business practices and consumerism • about saving, spending and budgeting • how to manage risk-taking behaviour								



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Autumn	Health and Wellbeing Drugs and alcohol • about medicinal and reactional drugs • about the over-consumption of energy drinks • about the relationship between habit and dependence • how to use over the counter and prescription medications safely • how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes • how to manage influences in relation to substance use • how to recognise and promote positive social norms and attitudes							Living in the Wider World Community and careers • about equality of opportunity in life and work • how to challenge stereotypes and discrimination in relation to work and pay • about employment, self-employment and voluntary work • how to set aspirational goals for future careers and challenge expectations that limit choices							
Spring	Relationships Discrimination • how to manage influences on beliefs and decisions • about group-think and persuasion • how to develop self-worth and confidence • about gender identity, transphobia and gender-based discrimination • how to recognise and challenge homophobia and biphobia • how to recognise and challenge racism and religious discrimination						Health and Wellbeing Emotional wellbeing • about attitudes towards mental health • how to challenge misconceptions stigma • about daily wellbeing • how to manage emotions • how to develop digital resilience • about unhealthy coping strategies (e.g. self harm and eating disorders) • about healthy coping strategies								
Summer	Relationships Identity and relationships • the qualities of positive, healthy relationships • how to demonstrate positive behaviours in healthy relationships • about gender identity and sexual orientation • about forming new partnerships and developing relationships • about the law in relation to consent • that the legal and moral duty is with the seeker of consent • how to effectively communicate about consent in relationships • about the risks of 'sexting' and how to manage requests or pressure to send an image • about basic forms of contraception, e.g. condom and pill						Living in the Wider World Digital literacy • about online communication • how to use social networking sites safely • how to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation • how to respond and seek support in cases of online grooming • how to recognise biased or misleading information online • how to critically assess different media sources • how to distinguish between content which is publicly and privately shared • about age restrictions when accessing different forms of media and how to make responsible decisions • how to protect financial security online • how to assess and manage risks in relation to gambling and chance-based transactions								



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Autumn	Health and Wellbeing Peer influence, substance use and gangs • how to distinguish between healthy and unhealthy friendships • how to assess risk and manage influences, including online • about 'group think' and how it affects behaviour • how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively • to manage risk in relation to gangs • about the legal and physical risks of carrying a knife • about positive social norms in relation to drug and alcohol use • about legal and health risks in relation to drug and alcohol							Living in the Wider World Setting Goals • about transferable skills, abilities and interests • how to demonstrate strengths • about different types of employment and career pathways • how to manage feelings relating to future employment • how to work towards asp and set meaningful, realistic goals for the future • skills for decision making							
Spring	Relationships Respectful relationships • about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering • about positive relationships in the home and ways to reduce homelessness amongst young people • about conflict and its causes in different contexts, e.g. with family and friends • conflict resolution strategies • how to manage relationship and family changes, including relationship breakdown, separation and divorce • how to access support services						Health and Wellbeing Healthy lifestyle • about the relationship between physical and mental health • about balancing work, leisure, exercise and sleep • how to make informed healthy eating choices • how to manage influences on body image • to make independent health choices • to take increased responsibility for physical health, including testicular self-examination								
Summer	Relationships Intimate relationships • about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex • about facts and misconceptions relating to consent • about the continuous right to withdraw consent and capacity to consent • about STIs, effective use of condoms and negotiating safer sex • about the consequences of unprotected sex, including pregnancy • how the portrayal of relationships in the media and pornography might affect expectations • how to assess and manage risks of sending, sharing or passing on sexual images • how to secure personal information online						Living in the Wider World Employability skills • about young people's employment rights and responsibilities • skills for enterprise and employability • how to give and act upon constructive feedback • how to manage their 'personal brand' online • habits and strategies to support progress • how to identify and access support for concerns relating to life online								



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Autumn	Relationships Communication in relationships • about core values and emotions • about gender identity, gender expression and sexual orientation • how to communicate assertively • how to communicate wants and needs • how to handle unwanted attention, including online • how to challenge harassment and stalking, including online • about various forms of relationship abuse • about unhealthy, exploitative and abusive relationships • how to access support in abusive relationships and how to overcome challenges							Living in the Wider World Next steps • how to use feedback constructively when planning for the future • how to set and achieve SMART targets • effective revision techniques and strategies • about options post-16 and career pathways • about application processes, including writing CVs, personal statements and interview technique • how to maximise employability, including managing online presence and taking opportunities to broaden experience • about rights, responsibilities and challenges in relation to working part time whilst studying • how to manage work/life balance							
Spring	Health and Wellbeing Independence • how to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads) • emergency first aid skills • how to assess emergency and non-emergency situations and contact appropriate services • about the links between lifestyle and some can-							Relationships Families • about different types of families and changing family structures • how to evaluate readiness for parenthood and positive parenting qualities • about fertility, including how it varies and changes • about pregnancy, birth and miscarriage • about unplanned pregnancy options, including abor-							
Summer	Health and Wellbeing Building for the future • how to manage the judgement of others and challenge stereotyping • how to balance ambition and unrealistic expectations • how to develop self-efficacy, including motivation, perseverance and resilience • how to maintain a healthy self-concept • about the nature, causes and effects of stress • stress management strategies, including maintaining healthy sleep habits • about positive and safe ways to create content online and the opportunities this offers • how to balance time online							Living in the Wider World Work experience • how to evaluate strengths and interests in relation to career development • about opportunities in learning and work • strategies for overcoming challenges or adversity • about responsibilities in the workplace • how to manage practical problems and health and safety • how to maintain a positive personal presence online • how to evaluate and build on the learning from work experience							