

Lesson	Year 5	Year 6	Year 7	Year 8
	Living in the Wider World			
1	Asking for help	Medicines and product safety	Health and wellbeing introduction	Balanced diets and healthy food
2	What is social media?	Habits and addiction	Mental health introduction	The importance of exercise
3	Fake News	Caffeine and energy drinks	Building resilience	Lifestyle disease, heart and cancer
4	Fake images	What is alcohol?	Kindness and empathy	Eating disorders and mental health
5	Digital Footprints	Intro to illegal drugs	Online safety introduction	Social media and stress
6	Bonfire Night	Vaping	Dangers of smoking and vaping	Groups messaging online bullying
7	Healthy Habits	Disagreeing respectfully	Dangers of drugs	Groups messaging online bullying
8	Being Healthy – diet	Positive male role models	Dangers of drugs (2 nd part)	Mental health self harm
9	Being Healthy – exercise	Cyberbullying and harassment	Personal hygiene and oral health	Knife crime and illegal activities
10	Physical Health – Symptoms of illness	Online gaming danger	Boys puberty	Knife crime and illegal activities
11	Germs, bacteria and viruses	Bullying – group chats	Girls puberty	Exploring our identities (BV)
12	What is Mental Health? Intro	Online privacy and data	Careers	Exploring our identities (BV)
13	Rights Respecting		Virtual WEX	Careers – Virtual WEX
14	Rights Respecting			
Spare				
	Christmas			
	Relationships			
1	Behaviour and Respect	Identity and community	Healthy relationships	Tolerance and mutual respect
2	Friendships	Diversity in the UK	The importance of trust	How to be a great man
3	Feeling left out	Protected characteristics	Positive friendships (2 hours)	Alcohol risks and relationships
4	Peer Pressure	Attitudes to money	Positive friendships (2 hours)	Alcohol risks and relationships
5	Dares and Challenges	Money	Anti bullying	Trolls and negative online relationships
6	Bullying and Hurtful behaviour	Puberty	Peer pressure and influence	Consent
7	Courtesy and manners	Boys puberty	Online grooming and dangers	Intro to conception
8	Success and Achievement	Girls puberty – periods	Stable, diverse families	Intro to STIs
9	Independence and Responsibility	Human Reproduction – Sex Ed	Falling in love	
10	Careers and Stereotypes	Hormones and Emotions	Marriage civil partnerships	
Spare	The environment			
	Easter			
	Health and Wellbeing			
1	Understanding emotions	Change, grief and loss	The importance of respect	Importance of attendance and punctuality
2	Feelings and emotions	Sun Safety	Needs, wants and priorities	Careers – aspirations
3	Self esteem	Personal safety and hazards	Self esteem	Employability skills

4	Body image	First Aid – common injuries	Media Literacy	Being an entrepreneur
5	Boys puberty	Consent	Racism and discrimination	Saving and money
6	Girls puberty	Sexual Harassment	Stereotyping and prejudice	Virtual WEX
7	Positive relationships	Attraction and crushes	Equality Act 2010	Sexism and prejudice in the wider world
8	Loving stable families	Starting a family Sex Ed 2	Careers	Disabilities
9	Love and abuse (PANTS?)	Family and Commitment	Citizenship lessons	County lines
10	Online behaviour and risks	Caring for babies	Citizenship lessons	County lines
11	Stranger danger		Citizenship lessons	Communication skills
Spare				
End of term				