

Introduction to Lessons – Year 7

Autumn 1 –Starting Secondary School: This lesson explores the range of emotions we experience when facing new challenges and change, and examines practical ways to adapt to new environments.
Autumn 1- Careers and Aspirations: This lesson looks at the range of options available to young people after key stage 3, and helps young people to think about planning for their aspirations by setting goals and targets.
Autumn 2 – Forming Positive Relationships: In this lesson, students explore the nature of friendships and identify some of the challenges that can arise in social relationships as well as thinking about how to provide effective peer support.
Autumn 2 – Diversity, Discrimination, Tolerance & Kindness: This lesson explores the importance of accepting diversity and being kind, whilst challenging stereotyping and discrimination.
Spring 1 – Puberty & Menstrual Wellbeing: This lesson explores the physical and emotional changes that can take place during puberty
Spring 1 – Consent and Social Media: This lesson has been written to raise awareness of consent and how it applies to everyday situations, including social media.
Spring 2 – Smoking: In this lesson, students explore the reasons why some young people choose to smoke. Using peer-to-peer discussion and activities, students discuss scenarios where young people are encouraged or pressured to smoke and then identify techniques for resisting this pressure”.
Spring 2 – Vaping: In this lesson, students learn what vaping is, what the law says about it, and what the potential health impacts of vaping can be.
Spring 2 – Bullying and Cyberbullying: The lesson covers the importance of being respectful in our online interactions, the impact of bullying and what to do if you or someone you know is experiencing bullying
Summer – Attitudes to Mental Health: This first lesson builds on the mental health and emotional wellbeing work completed in key stage 2. The lesson addresses misconceptions about, and examines attitudes towards, mental health.
Summer – Strategies to Support Positive Mental Wellbeing: This lesson builds on messages learnt throughout the mental health curriculum and explores practical strategies and techniques the young people could employ to support their own and others mental wellbeing.
Summer – Money Personalities: This is lesson one of four focusing on Money Skills for young people aged 11-14. The activities are designed to help students understand and compare their attitudes to money and spending, explore the difference between needs and wants, as well as how to plan for future purchases.

Introduction to Lessons – Year 8

Autumn 1 – Personal Strengths for Employment: This lesson is designed to help young people to recognise their skills, personality traits, attributes, and interests, and understand how these can help make rewarding career choices.

Autumn 1 - Basic Life Support: This lesson is designed to teach pupils about basic life support. They'll learn how to do the primary survey, the recovery position, cardiopulmonary resuscitation (CPR), and how to use an automated external defibrillator (AED).

Autumn 1 – Human Papillomavirus (HPV): This lesson equips young people with knowledge about the HPV vaccination programme and provide reassurance about receiving the vaccine at school.

Autumn 2 – Healthy Behaviours in Relationships: This lesson helps young people to recognise healthy and unhealthy behaviours in relationships, including friendships, and to think about when and where to get themselves or others support.

Autumn 2 – Gender & Stereotypes: This lesson explores the meaning of stereotyping particularly in relation to gender, and examines the meaning of gender and sex, and how they differ.

Spring 1 – Social Media: This lesson introduces the positives and negatives of using social media, including developing strategies to maintain positive wellbeing while being online.

Spring 1 – Body Image in the Digital World: This lesson covers how social media can impact body image, including some strategies to support positive wellbeing online.

Spring 1 – **New! Online Safety and Digital Wellbeing:** This lesson helps young people to reflect on their digital wellbeing and learn strategies to stay happy and safe online.

Spring 2 – Puberty and Society: This lesson introduces pupils to puberty changes, menstrual wellbeing. It examines the benefits of different period products and allows pupils to discuss and challenge puberty stigma in society.

Spring 2 – Alcohol: "In this lesson, students explore the reasons why some young people choose to drink alcohol and the impact this can have on their health, wellbeing and overall lifestyle."

Spring 2 – Drugs: This lesson allows young people to examine the potential implications of drug use, including legally. It explores some of the effects of drugs misuse and how to use legal drugs safely. The young people will be signposted to support services and think of strategies to resist peer pressure.

Summer – Promoting Emotional Wellbeing: This lesson focuses on how young people can maintain daily wellbeing, through a range of resilience-building strategies.

Summer – What's Important for Your Health: This lesson explores the importance of looking after our health and well-being, including physical exercise, a balanced diet and accessing services if we become worried about our health.

Introduction to Lessons – Year 9

Autumn 1 – The Journey to Your Career: “This lesson is designed to help young people make a successful transition into employment. Young people will start planning their journey to a career and discuss where they can access information about careers”.

Autumn 1 - Different Types of Relationships: This lesson explores different types of relationships and families. It looks at the positive attributes of healthy relationships whereby helping young people to recognise behaviours that are unacceptable within relationships and family such as forced marriage and domestic abuse.

Autumn 2 – Consent: This lesson explores meaningful consent and our rights and responsibilities, including the law, when applying consent in everyday situations including relationships.

Autumn 2 – Sex And the Law: This lesson compliments knowledge from learning about consent, with a particular focus of sex and the law and how to keep safe.

Autumn 2 – Gender Stereotypes and Misogyny: This lesson introduces learners to the harmful effects of misogyny and challenge unfair gender stereotypes that reinforce limited notions of masculinity and femininity.

Spring 1 – Puberty, Fertility and Body Image: This lesson builds on previous puberty lessons to introduce pupils to fertility and human reproduction. It explores the emotional impact of body changes on body image.

Spring 1 – Contraception: This lesson explores contraceptive methods, and responsibilities in relation to contraception, the correct use of a condom and confidential advice and support available.

Spring 1 – Sexually Transmitted Infections: This lesson looks at the most common sexually transmitted infections (STIs), how they are transmitted, how to prevent transmission and how to identify and test for common STIs.

Spring 2 – **New! Online Image and Influence:** This lesson introduces the impact of social media advertising on body image and encourages critical thinking to promote a healthy approach to social media.

Spring 2 – Youth Produced Sexual Imagery: This lesson explores young peoples' rights and responsibilities in relation to youth produced sexual imagery (also known as sexting) and develop skills to manage pressures and report any concerns.

Spring 2 – Sexual Exploitation (CSE): This lesson explores the meaning of child sexual exploitation, including grooming, and advises young people about how to keep themselves and others safe from harm.

Summer – Unhealthy Thoughts: This lesson focuses on unhealthy coping strategies, specifically self-harm and eating disorders.

Summer – Healthy Coping Strategies: This lesson focuses on developing healthy coping strategies and it is important that you teach this after the previous lesson on unhealthy behaviours.

Summer – Pornography: This lesson explores the need for young people to think critically when they view sexualised images and messages, and to recognise the importance of accessing reliable and accurate sources of information when it comes to sexuality and relationships.

Introduction to Lessons – Year 10

Autumn 1 – Recognising skills for success in the workplace: This lesson is designed to help young people identify a range of transferable skills, describe why they're important and explore the importance of demonstrating these in the workplace. The lesson activities focus on helping young peoples' research skills that employers are looking for, assessing their own skillsets and building confidence to present evidence when applying for jobs.

Autumn 1 - Writing A Successful CV: "This lesson is designed to help young people build an understanding of how to write an impactful CV, as well as the types of information they should include based on their transferable skills, interests and experience".

Autumn 2 – Relationships And Equality: This lesson builds on knowledge about healthy relationships and equality and explores the importance of celebrating diversity and understanding our values.

Autumn 2 – Sexual Orientation and Stereotypes: This lesson explores the meaning of LGBT+ with a focus on sexual orientation. It examines the issues of stereotyping in relation to sexual orientation, recognising the negative impact it can have.

Autumn 2 – Understanding and Responding to Sexual Violence and Harassment: This lesson explores meaningful consent and our rights and responsibilities, including the law, when applying consent in everyday situations including relationships. It provides learners with an understanding of sexual violence and harassment and the impacts of it and challenges common myths.

Spring 1 – Sex Pressures and Risk-Taking Behaviour: This lesson builds on previous learning around consent, consent in relation to freedom, capacity and choice, risk taking behaviours and the pressures young people may face around having sex.

Spring 1 – Pregnancy Choices: This lesson explores the three main choices someone has when they are pregnant; it also looks at factors that affect decision making in pregnancy and where to go for advice and support.

Spring 1 - Roles And Responsibilities of Parents: This lesson explores the roles and responsibilities of parenthood, the values and attitudes around parenthood and outlines the range of ways that people can become parents.

Spring 2 – Online Presence: This lesson explores responsibilities online and focusses on how we maintain a reputable presence in the online world.

Spring 2 – Gambling Behaviours and Managing Impulsivity: This lesson explores gambling, including impulsivity and influences associated with the urge to gamble, and strategies to manage peer and media influences.

Summer – Challenges of Moving Through Adolescence: This lesson examines challenges facing young people as they transition into key stage 4 and how to promote positive mental health to manage change, now and in the future.

Summer – Reframing Negative Thinking: This resource focusses on resilience and reframing negative thought patterns and setbacks.

Summer – Post Key Stage 4 Options: This lesson explores options for young people following on from key stage 4, and examines different routes available post 16

Introduction to Lessons – Year 11

Autumn 1 – New! Looking after Mental Health and Managing Stress: This lesson introduces the mental health continuum and explores stress resilience. It explores the role of stress in mental health and helps learners identify healthy strategies for managing stress.

Autumn 1 – Exam Stress: This lesson helps young people identify the signs and symptoms of exam stress and develop stress management strategies.

Autumn 1- Understanding And Managing Debt: This is lesson one of four focusing on Money Skills for young people aged 14-16. Students are tasked with becoming money mentors for a series of characters, to understand financial terminology, and learn ways to save, manage debt and borrowing money safely.

Autumn 2 –Identifying Harmful Sexual Behaviours: This lesson explores abuse within relationships, effects of abuse and ways to get help and support.

Autumn 2 – Online Harmful Behaviours: This lesson explores online opportunities and risks – and ways to safely manage harmful online behaviours.

Autumn 2 – New! Online Misogyny, Real-World Impacts: This lesson explores the harmful impacts of online misogyny as well as the reasons some people may be attracted to it. It covers how to get support as well as ways to challenge online abuse.

Spring 1 – Forced Marriage & Honour Based Violence: This lesson explores how marriage is a choice, arranged marriage and forced marriage, the unacceptability of violence in any relationship and where to go for help and support.

Spring 1 – Taking Responsibility for Healthy Choices: This lesson explores the importance of looking after our own health including accessing health services, self-examination and maintaining a healthy lifestyle.

Spring 1 – New! Digital Sexual Health and Relationships: This lesson helps to build learners' digital literacy so that they can critically approach online sexual health content and know how to seek out reliable sources of information to support their sexual health.

Spring 2 – Dangerous Friendships: This lesson explores harmful behaviours and peer pressure in relation to dangerous friendships and relationships. It also explores how to deal with pressures and safety mechanisms that can help young people to deal with a range of situations.

Spring 2 – Drugs: This lesson builds on previous learning about legal and illegal drug use. What might motivate someone to experiment with drugs, the risks involved and where to go to access help and support.

Summer – Building Resilience: This lesson explores ways to promote resilience with regard to mental and emotional wellbeing.

Introduction to Lessons – Year 12

Autumn 1 – Tailoring Your CV And Using Networks: “This lesson is designed to help young people understand the benefits of building a network, improve networking skills and create a tailored, impactful CV. Young people will need a draft CV with them to complete these activities”
Autumn 1 - Online Body Image: This lesson explores the pressures we can experience online and how they can impact self-esteem and body image, while suggesting strategies to improve wellbeing for ourselves and others.
Autumn 1 – What is Testicular Cancer? This lesson looks at some general facts and figures around male health and introduces testicular cancer as the most common cancer affecting boys and men aged 15-40. It encourages students to challenge preconceptions about male health and gives guidance for boys on self-examination.
Autumn 2 – Relationship Values and Intimacy: This lesson explores relationships values, the qualities of healthy, intimate relationships and how intimate relationships should be pleasurable.
Autumn 2 – Sexual Health and Accessing Services: This lesson explores the topic of sexual health, rights and responsibilities including accessing services for support and having reliable information to make informed choices.
Autumn 2 – Transphobia, Prejudice and Allyship: This lesson explores gender diversity, transphobic prejudice and encourages inclusivity and allyship.
Spring 1 – Pleasure and Intimacy: This session introduces learners to the role of pleasure in individual sexuality and to the importance of mutual pleasure in healthy relationships. It explores the relationship between consent and pleasure, familiarises learners with anatomy in relation to sex and sexual pleasure, and addresses common myths with a focus on how they perpetuate stigma.
Spring 1 – Erection Problems: This lesson looks at some general facts and figures around male health and erection problems, aiming to increase confidence in discussing these problems and raising awareness that erection problems can be an indicator of underlying health problems.
Spring 2 – Gangs And Personal Safety: This lesson explores motivations for joining gangs, the risks and consequences of joining gangs and safety in relation to gangs.
Spring 2 – Exploring Extremism: This lesson supports students to examine what extremism is, what factors could influence someone into supporting extremist ideologies and strategies to prevent and challenge extremism in their community.
Summer 1 – Managing Stress: This lesson explores how people can control how they react to challenge or stress, understanding the link between thoughts, feelings and behaviour and the use of problem solving skills as a coping mechanism.
Summer 1 – Strategies to Support Positive Wellbeing: This lesson builds on messages learnt throughout the mental health curriculum and explores practical strategies and techniques the young people could employ to support their own and others mental wellbeing.
Summer 2 –Healthy Eating on a Budget: This lesson explores the wide range of nutrients we need to maintain a healthy and balanced diet, and looks at how to plan our meals to be more cost efficient when food shopping

Introduction to Lessons – Year 13

Autumn 1 – Managing Online Life: This lesson explores the positives and negatives of forming relationships online, including our rights and responsibilities to interact respectfully and how to navigate the online world safely.

Autumn 1- Volunteering And Citizenship: This lesson explores citizenship and volunteering, the benefits of volunteering and opportunities available to young people.

Autumn 2 – Consent: This lesson builds on previous learning about developing healthy relationships, and knowing about rights and responsibilities when it comes to consent, sex and the law.

Autumn 2 –Relationship Abuse: This lesson looks to deepen understanding of relationship abuse, how to identify it and how to access support.

Spring 1 – Finances And the World Of Work: This lesson is designed to help students gain the skills and understanding needed to prepare for the workplace, including payslips, budgeting, and the difference between being self-employed and an employee.

Spring 1 – Understanding Workplace Expectations: This lesson explores young peoples' rights and responsibilities in the workplace, to help them feel prepared for the world of work

Spring 2 – My Support Network: This lesson focuses on personal support networks that can support us with different problems at different times.

Spring 2 – Self-harm, Myths and Facts: This lesson focuses on ways to help a friend through mental health challenges with a specific focus on how to support a friend who may be self-harming.

Summer – Managing Risks in Adulthood: This lesson brings together learning around risky situations and how to manage them. It applies this learning to new risks encountered at this stage in young people's lives and as they move on after school.

Summer – Financial Survival Skills: This lesson is designed to help students manage different aspects of finances safely, successfully and independently, including credit cards, debt, current accounts, renting, insurance and fraud.