

Year Group	Unit 1	Unit 2	Unit 3
7	<u>Relationships</u> Students learn about their own identity, develop personal skills, learn how to form positive relationships, deal with negative relationships (e.g. bullying), and learn about diverse identities and family types.	<u>Keeping Safe</u> Students explore different communication styles, learn how and when to ask for help, work on effective teamwork and decision-making, and build skills for resolving conflicts. They also examine issues around managing online privacy and are introduced to sensitive topics such as pornography in an age-appropriate and safeguarding-focused way.	<u>Healthy Life Choices</u> Students learn essential life skills including basic first aid, personal hygiene, and the importance of sleep and overall health. They also explore the physical and emotional changes of puberty and are introduced to how laws are made, helping them understand their rights and responsibilities as future citizens.
8	<u>Relationships</u> Students explore equality and the many forms that relationships can take, developing awareness of stereotypes, discrimination, and the impact of ageism and ableism. They also learn about consent, empathy, and recognising when someone may need support through initiatives like "R U OK."	<u>Keeping Safe</u> This term focuses on health education, with lessons on vaccinations, substance use (including drugs, alcohol, and vaping), and the laws surrounding them. Students also examine peer pressure and the risks associated with gang violence to support informed and responsible choices.	<u>Healthy Life Choices</u> Students learn about managing stress, explore topics such as male body image and LGBTQ+ rights, and develop a stronger sense of identity. They also gain digital literacy by learning how algorithms shape online experiences and how to share information safely, all while reinforcing positive, healthy relationships.
9	<u>Relationships</u> Students examine the legal and emotional aspects of relationships, including marriage, parenting, and consent. They learn about sexual health, including STIs and the risks of sharing explicit images, and are introduced to the physical and emotional changes during adolescence. The term also explores reproductive health, fertility, and the menstrual cycle in an inclusive and age-appropriate way.	<u>Keeping Safe</u> This term focuses on understanding power dynamics in relationships, recognising exploitation, and navigating risks such as gang involvement and county lines. Students also explore ethical dilemmas, develop impulse control, and practise assertive communication, supporting them to make informed and confident choices.	<u>Healthy Life Choices</u> Students learn how to manage anxiety and understand the mental benefits of physical activity. They celebrate diversity through topics like Pride Month and multiculturalism, while also exploring the impacts of alcohol and the importance of organ donation. The term concludes with setting personal SMART goals to support their growth and wellbeing.
10	<u>Relationships</u> Students explore the wide spectrum of relationships, including intimacy, romance, and different types of connection. They learn about contraception, pregnancy choices, and how to perform self-examinations for personal health. The term also addresses social pressures, discrimination, and how to critically resist harmful groupthink or "mob	<u>Keeping Safe</u> This term focuses on safeguarding and awareness, tackling issues such as the distorted portrayal of sex in pornography, sexting, and online grooming. Students learn about coercive control, sexual violence and abuse, and how to protect themselves and others. The term concludes with a discussion on the impact and consequences of knife crime.	<u>Healthy Life Choices</u> Students learn how to support their physical and mental wellbeing through healthy sleep, diet, and stress management. They explore practical life skills such as understanding wages, payslips, credit, and debt. Finally, they examine the risks of gambling and reflect on personal values and goals to support purposeful living.

## TAA PSHE Curriculum Overview 2025/26

Lesson by Lesson overview

*Detailed on these pages are the lesson by lesson overviews of content taught to students in each year group throughout their time at Thomas Alleyne's, correct as of September 2025. In addition to these lessons, students also have additional teaching and experiences as described above.*

## **Year 7**

	<b><u>RELATIONSHIPS</u></b>	<b><u>Lesson description</u></b>
1	Healthy Relationships	Students explore the range of elements required to keep our relationships healthy and strong. We'll determine the elements of a healthy relationship, reflect on and evaluate our relationships and then identify ways to keep them positive and identify actions to continue to foster positive and healthy relationships.
2	Strong friendships	Every friendship has its ups and downs. No genuine and positive relationship can exist without disagreement or conflict. Some minor disagreements can sometimes escalate into large and significant issues that, if handled poorly, can cause a harmful and ongoing issue in your relationship. This lesson will explore the issues that may arise in your friendships and provide a range of strategies to get them back on track once an issue arises.
3	Unhealthy relationships	From time to time, we can form relationships that become unhealthy or even toxic. These relationships can cause us distress, lower our confidence, and impact our wellbeing if allowed to persist. In this lesson, students will explore how to manage toxic relationships, how to turn them back into healthy relationships and recognise when it may be time to walk away from a relationship that is no longer working.
4	Together against Bullying	In this lesson, students will learn to identify and understand different types of bullying behaviours and distinguish them from banter and arguments. They will explore practical strategies for handling bullying, whether as a victim or a bystander, and practise how to intervene in a positive manner. By the end of the lesson, students will be better equipped to recognise bullying and take appropriate, respectful actions.
5	Personal Values	Values are fundamental beliefs that guide or motivate attitudes or actions. They help us to determine what is important to us. Values describe the personal qualities we embody to guide our efforts, the person we want to be, how we treat ourselves and others, and our interactions with the world around us. Today's lesson will allow students to explore their values and, in doing so, live in a way that is aligned with these values.
6	RESPECT	This lesson aims to educate students on the significance of treating others with respect and its role in fostering harmonious relationships. It will explore the contrast between disrespectful and respectful behaviours, emphasising the importance of communicating in a respectful manner. Furthermore, students will have the opportunity to practice respectfully expressing disagreement and standing up against disrespect from others.

7	Empathy for Homeless	In this lesson, students will explore the complexities of homelessness, aiming to foster a deep understanding and empathy towards those affected. Through the activities and discussion provided, they will examine the challenges faced by homeless individuals and the societal factors contributing to this issue. The lesson concludes with students identifying practical strategies to support and make a positive impact on homelessness within their own communities.
8	Combatting Negative Self-talk	Everybody experiences self-talk. However, how people let this affect them and impact their behaviours differs significantly. This lesson is designed to help students understand the concept of self-talk and how, when allowed to be too negative, it can cause harm to our confidence and self-esteem. In this lesson, we want to encourage students to limit negative self-talk and explore ways to change them to be more positive.
	<b><u>KEEPING SAFE</u></b>	
1	Communication styles	Communicating clearly, effectively, and respectfully is a fundamental skill. When we communicate effectively with others, we more easily understand each other, allowing us to build connections, find common interests and develop stronger friendships. The lesson explores how to communicate more effectively and the benefits and weaknesses of different communication styles.
2	Asking for help	In this lesson, students will explore the challenges people face when asking for help and understand the reasons behind them. They will reflect on their own experiences and discuss the potential outcomes of seeking support. By the end of the lesson, students will identify effective strategies for asking for help confidently and comfortably.
3	Teamwork & Decisions	In this lesson, students will explore the importance of making effective group decisions and how different decision-making processes impact outcomes. Students will identify various decision-making strategies, apply them to different scenarios, and assess their effectiveness in group settings. Students will learn to navigate teamwork challenges and make informed decisions in group contexts.
4	Conflict Resolution	In this lesson, students will learn how to resolve conflicts and utilise effective communication strategies. Through interactive activities, they'll pinpoint the most effective methods to resolve disagreements and develop their communication skills in conflict scenarios. Additionally, students will actively engage in the collaborative "owl" approach, emphasising teamwork and mutual understanding during disputes.
5	Managing privacy online	In this lesson, we explore how students should manage their privacy online. Students organise their data into categories of importance and review what measures they've taken to protect their data. Students also learn how companies collect and use their data and review measures they can use to protect their privacy online.
6	Pornography	In this lesson, students will learn to recognise the dangers of pornography on behaviours and attitudes towards sex. They will identify common misconceptions around pornography, recognise the harmful behaviours that result from these misconceptions, and identify ways to address the issues presented by pornography. By the end of the lesson, students will have a better understanding of the impacts of pornography and how to foster healthy attitudes and behaviours towards sex.

	<b><u>HEALTHY LIFE CHOICES</u></b>	
1	First Aid	In this lesson, students will gain a comprehensive understanding of essential first-aid techniques, focusing on treating common injuries such as cuts, grazes, sprains, strains, and nosebleeds. Practical skills such as making slings will be shown, and students will have the opportunity to apply these skills in various scenarios and be tested through a spark. The lesson will also provide information on the requirements and process for obtaining formal first-aid training, empowering students to take the next steps in their first-aid education if they wish.
2	Body changes during puberty	In this lesson, students will explore the key physical changes that occur during puberty for both genders and how these changes impact emotional and physical well-being. They will learn to identify and explain these changes, as well as understand the associated emotional effects. By the end, students will be equipped to show care and kindness toward themselves and others experiencing puberty.
3	Investing in your health	In this lesson, students will learn about the importance of healthy habits and how they can positively impact their overall health and wellbeing. They will begin by identifying healthy and unhealthy habits, then reflect on which of these habits they currently have. Using the S.E.E. method, students will then create new healthy habits that they can gradually build upon, empowering them to take control of their health and wellbeing.
4	Oral Hygiene	In this lesson, students will learn about the importance of oral hygiene in maintaining overall health by exploring effective habits such as proper brushing, daily flossing, and eating healthy foods. They will identify the key reasons why oral hygiene is crucial and determine the best practices for keeping teeth and gums healthy. By the end of the lesson, students will be able to suggest improvements to their own oral hygiene routines.
5	Health & Hygiene	In this hygiene lesson, students will delve into the significance of personal hygiene, exploring its importance and how to maintain it. Students will learn about bacteria, viruses, and illnesses resulting from inadequate cleanliness and hygiene. By the end of the lesson, students will identify which areas they need to improve for their own personal hygiene.
6	Sleep Essentials	This lesson plan aims to emphasise the importance of sleep for students and ensure they're aware of the impacts of a lack of sleep on their mental health and resilience. To encourage students to get more sleep, we want to help them build a routine before bed.
7	How laws are made	In this lesson, we explore the process by which laws are made. Students will learn the structure and purpose of the two Houses of Parliament, as well as the process by which Bills can bounce between Houses to ensure they are effective and clear. Students will participate in a small group activity in which they create their own process to pass laws for a new colony on Mars, discussing how they ensure people's voices are heard and that laws are fair and effective.

	<b><u>RELATIONSHIPS</u></b>	
1	Striving for Equality	In this lesson, students will explore the concept of equality, its evolution over time, and its legal protections under the 2010 Equality Act. They will engage with multimedia resources, compare historical and current contexts of equality, and participate in a school leader speech activity focusing on combating discrimination in one area protected by the Equality Act.
2	The many forms of relationships	In this lesson, students will explore the characteristics of various relationship types and determine the types of relationships we aim to cultivate in the future. We'll compare friendships, romantic relationships, marriages, and online relationships, exploring what they provide us and how they are different, including their legal elements. Students will discuss their relationships, what makes them strong, and identify the elements they look for in their friends and partners.
3	Stereotypes	In today's lesson, we'll examine how stereotypes are formed, their prevalence in our society, and the significant harm they can cause by leading to prejudice and discrimination. We'll identify various common stereotypes, examine their negative impacts on people and communities, and discuss practical strategies to challenge and reduce these stereotypes.
4	Gender-based discrimination	During this lesson, students will learn about gender-based discrimination and the different forms it takes in society. They'll discover how it affects people and communities, helping them understand the importance of this issue. By the end, students will understand how to combat gender-based discrimination and work towards creating a more inclusive and equitable world.
5	Understanding consent	In this lesson on consent, students will learn about the laws and regulations that govern consent in their jurisdiction, including the legal age of consent and the consequences of engaging in sexual activity without consent. They will also explore the importance of ongoing communication, assertively saying no, and respect for personal boundaries and desires in healthy, respectful sexual relationships.
6	Ageism & Ableism	In this lesson, students will learn to identify and understand ageism and ableism, recognising these forms of discrimination both within their school environment and in broader society. They will critically evaluate media to discern ageist and ableist narratives and language, gaining insights into how these prejudices are perpetuated. Additionally, students will assess their school's inclusivity, devising actionable strategies to challenge and reduce discrimination and fostering a more equitable and respectful community.
7	Empathy in Action	In this lesson, students will explore the concept of empathy, why it matters, and how it helps build stronger connections with others. Through a range of activities, including watching video scenes to identify emotions and practising empathetic responses to different scenarios, students will develop their ability to see situations from another person's perspective. By the end of the lesson, students will have a deeper understanding of empathy and practical skills to apply in real-life interactions.
8	R U OK	Knowing what to say to someone when they need help is often a challenging thing to do. That is why "R U OK?" was created, to guide people through these challenging conversations. This lesson will explore the four steps (ALEC - Ask, Listen, Encourage action, Check-in) from "R U OK?" So that students are better capable of helping others in need.
	<b><u>KEEPING SAFE</u></b>	
1	Vaccination	Vaccines have been a far more central focus in society over the last few years. This has led, at times to confusion about how vaccines work and what impact they have. In this lesson, students will explore the science of vaccines and gain an

		understanding of how they cure and eradicate disease, saving millions of lives. Students will also critically analyse the impact if misinformation about vaccines and apply their learning to real-life scenarios about how to avoid misinformation.
2	Drug & Alcohol choices	In this lesson, students will learn about the risks associated with drug and alcohol use, including the potential impact on their physical and mental health, social and legal consequences, and long-term effects. Through interactive activities and discussions, students will gain the knowledge and skills to make informed decisions about drug and alcohol use.
3	Vaping	Many teenagers are faced with the decision of whether to vape or smoke. This lesson will address why someone would vape or smoke and provide students with the facts to make an informed decision.
4	Peer Pressure	As we progress through high school, peer pressure can intensify, making us feel uncomfortable and insecure. Understanding peer pressure, how it manifests, and how to manage it when it occurs is an essential skill for students to learn as they navigate high school. This lesson is designed to take a close look at peer pressure and help students manage it when it occurs.
5	Online Grooming	In this lesson we explore the key warning signs of online grooming, as well as the increasing incidence of it. Students will review two examples of online grooming and analyse the key warning signs and mistakes that make victims vulnerable to online grooming. Students review their own online behaviours and reflect on how they could alter their current behaviours to make themselves safer online. Students will derive a comprehensive list of the warning signs of online grooming and how to recognise it and prevent it.
6	Gang Violence	In this lesson we explore the nature of gang violence and the impact it has on the community. Students will identify the techniques gangs use to recruit and manipulate young people. Students also will go through the disparate elements of society gang violence affects, and the cyclical nature of that violence.
	<b><u>HEALTHY LIFE CHOICES</u></b>	
1	Stress scales	This lesson is designed to teach students the importance of stress management for their overall well-being and relationship building. Teachers will guide students in various approaches to preventing stress buildup and provide techniques for reducing stress when it becomes overwhelming. By the end of the lesson, students will be equipped with a toolkit of stress management skills that will enable them to face future challenges with greater resilience and confidence.
2	Male body image	In this lesson, students will explore the complexities of male body image, uncovering how societal pressures and social media can lead to unhealthy behaviours and negatively affect self-esteem. Through interactive discussions and activities, students will learn to identify the true markers of health beyond just physical appearance and critically assess the influence of societal norms and digital platforms on their perceptions. By the end of the lesson, students will be equipped with strategies to foster healthy thinking patterns about male body image, aiming to improve their overall well-being and self-confidence.
3	Gay Rights	In this lesson we explore the importance of rights to a functioning society, before exploring the history of the struggle for gay rights in the UK. Students engage with the history spanning back to the 16th century and how the legacy of that legislation made homosexuality illegal for over 300 years. We reflect on the challenges homosexuality posed even in the mid-twentieth century, and the milestone achievements providing gay couples with the same right to adopt, reproduce through IVF, and marry. Students will learn a greater appreciation for the history and lived experience of the gay community.



4	Internet algorithm	In this lesson, students will delve into the complex world of internet algorithms, gaining an understanding of their potential dangers and the influence they exert on individuals and society. Through a series of activities, students will learn to define what internet algorithms are and identify the potential risks they pose. The lesson will culminate in practical exercises where students will apply their knowledge to solve scenarios countering the negative impacts of these algorithms.
5	Sharing information online	In this lesson, students will explore the risks of sharing personal information online and the importance of pausing to reflect before posting. They will learn to identify safe online practices and understand the consequences of sharing irresponsibly. Through activities and discussions, students will develop the skills and knowledge required to protect their digital privacy and maintain safe, responsible online behaviour.
6	Safe & Healthy relationships	In this lesson, students will learn to identify the elements that make up healthy and unhealthy relationships. They will compare and contrast various relationship behaviours and analyse their own relationships to determine if the behaviours they experience are healthy.
7	Self-discovery	In today's lesson, we'll explore the journey of developing a strong sense of identity and how life changes can impact who we are. As we move through new experiences and challenges, understanding what shapes our identity becomes essential. We'll discuss practical strategies that can help us maintain a steady sense of self, even as we face the ups and downs of growing up and adapting to change.

## **YEAR 9**

	<b><u>RELATIONSHIPS</u></b>	
1	Relationships and their legal status	In this lesson, we explore the legal protections and rights afforded to three different long-term couples: marriages, civil partnerships and cohabiting couples. Students will isolate the core differences under the law between these relationships, why these laws exist, and reflect on why people choose the relationships they do.
2	Positive Parenting	In this lesson, students will explore the various roles and responsibilities involved in parenting and assess the effectiveness of different parenting styles. They will examine parents' importance and their multiple roles in a child's development. Additionally, students will compare different parenting styles and reflect on their potential parenting approaches.
3	Arranged vs forced marriages	In this lesson, students will understand the differences between arranged and forced marriages, gaining a thorough understanding of both. Through discussions and case studies, students will learn to identify the signs of people at risk of or subjected to forced marriage. The lesson will culminate in developing practical strategies to equip students with the knowledge and tools to support those affected.
4	Sexual consent	This lesson on sexual consent provides students with an understanding of personal boundaries, the importance of clear communication, and the ability to navigate potentially risky situations. Students will learn to identify their comfort zones, articulate their consent assertively, and engage in respectful conversations about consent with

		others. The lesson also emphasizes the importance of respecting a partner's 'no' and reassures students that a rejection is not a personal failure but a part of healthy and respectful interactions.
5	Sharing illegal images	In this lesson we explore the nature of sharing illegal images. We deconstruct three different scenarios involving image sharing and evaluate their legality. Students learn the possession, sharing or threat to share of any sexual photo of a person under the age of 18 is a crime involving potential jail time. Students also discuss the emerging role of AI in this sphere and the dangers it poses.
6	STIs	In this lesson, students will learn to identify behaviours that increase the risk of contracting STIs and understand how to avoid them. They will explore different STIs, their modes of transmission, and the effectiveness of safer sex practices in reducing these risks. Additionally, students will discuss the critical role of regular STI testing in maintaining sexual health.
7	Fertility & Reproductive health	In this lesson, students explore the fundamentals around fertility, and deconstruct how lifestyle choices impact and influence fertility in men and women. Students also reflect that fertility is not a given, and reflect on what emotions and thoughts people have when they discover they are infertile.
8	Changing adolescent body & Menstrual cycle	In this lesson, we explore some of the physical and emotional changes students experience during puberty, as well as the menstrual cycle. Students isolate the various aspects of physical change and discuss how their emotional state may change, including a desire for greater independence, privacy and potential self-esteem issues. In reviewing the menstrual cycle, students also understand the function of a period, its effects, and the role of sanitary products during menstruation. Students will derive a comprehensive grasp on the changes experienced during puberty.
	<b><u>KEEPING SAFE</u></b>	
1	Power Dynamics & Consent	In this lesson, students will learn about the connection between power, consent, and romantic relationships. They will explore different power dynamics that can impact consent in relationships and develop skills to navigate them. Students will understand the importance of communication and maintaining healthy relationships through analysis of various scenarios.
2	Drugs & County Lines	In this lesson, we explore what "county lines" are and how gangs target and exploit children to traffic drugs. Through clips of someone recounting their experience, students will develop a strong understanding of the negative impact engaging with gangs can have. Students will learn the techniques gangs use to target children, how to recognise their manipulation, and what resources they have to express their concerns safely.
3	Violence & Exploitation by gangs	In this lesson, students will explore the factors that lead individuals to join gangs, understand the emotional and psychological risks involved, and learn strategies to avoid being drawn into gang life. By examining the motivations behind gang membership, analysing the evolving thoughts and emotions during gang involvement, and identifying prevention methods, students will gain insights into the dangers of gang life. The lesson will help students in making informed decisions and avoiding harmful situations related to gangs.
4	Ethical Dilemmas & Moral Reasoning	In this lesson, we will explore the concepts of ethics and morals and examine how our values influence the choices we



		make. Students will learn to differentiate between ethics and morals, justify decisions based on these concepts, and understand that people may make different decisions due to different values.
5	Impulse Control	In this lesson, students will explore impulse control and delayed gratification, learning to appreciate their importance in personal and academic growth. They will discover how to harness reflective questioning as a powerful tool for controlling impulsive behaviours. Through practical scenario-based exercises, participants will actively practice and develop strategies, aiming to improve their decision-making processes.
6	Being assertive	In this lesson, students will practice being assertive in real-life scenarios. They will self-assess their ability to communicate assertively, develop effective body language and communication skills, and engage in activities to apply assertiveness. The goal is for students to understand the importance of assertiveness and how to implement it confidently and respectfully.
	<b><u>HEALTHY LIFE CHOICES</u></b>	
1	Managing Anxiety	In this lesson, students will learn techniques to manage anxiety and improve their mental health and overall wellbeing. They will begin by identifying their personal anxiety triggers and learning how to recognize them. Through activities such as practising progressive muscle relaxation, students will gain practical skills to manage their anxiety when it arises. Additionally, they will learn about resources available for further support and how to assist friends who may be struggling with anxiety. By the end of the lesson, students will have developed a toolkit for managing anxiety and promoting mental wellness.
2	Mental benefits of exercise	We know how exercise improves our physical well-being, but its impact on our mental health and well-being is also significant. This lesson presents students with the numerous effects of exercise on a person's well-being, then encourages students to take action and exercise regularly.
3	Pride Month	In this lesson, we will explore the nature of homophobia, understand its causes, and learn actionable ways to oppose it and support the LGBTIQ+ community. Students will achieve success by clearly defining terms related to homophobia, recognizing homophobic behaviours, and actively practising allyship by standing up against discrimination. Our goal is to foster empathy and inclusivity, equipping students with the knowledge and courage to be effective allies.
4	Multi Cultural society	In this lesson, students will understand and appreciate the value of diversity in a multicultural society. Through group work and discussions, they will explore reasons why multiculturalism is important for society and how it can be balanced with a national identity. By the end of the lesson, students will demonstrate acceptance of different beliefs and actively avoid prejudicial or discriminatory behaviour, fostering a harmonious and inclusive community.
5	Alcohol & Your Health	In this lesson, students will explore how drinking alcohol affects the body now and in the future. They'll learn to identify the Blood Alcohol Concentration (BAC) for different drinks and see how alcohol can change how you feel and act. The lesson will also look at the serious effects of drinking a lot over a long time, especially starting young, to help students make smart decisions about alcohol.

6	Organ Donation	In this lesson on organ donation, students will explore the reasons and emotions behind donating blood, stem cells, and organs. They will analyse why donation is important, how it works, and the feelings involved in making such decisions. By the end of the lesson, students will be able to recognise the significance of donation, understand the donation process, and evaluate the various motivations and emotional responses surrounding it.
7	SMART goals	Goals are an essential component of general wellbeing and happiness. People who regularly make realistic and achievable goals report feeling happier and more positive. To encourage goal setting, this lesson aims to encourage students to explore how their heroes may set goals and the most effective way to do them.

## **YEAR 10**

	<b><u>RELATIONSHIPS</u></b>	
1	Spectrum of relationships	In this lesson, students will compare the rights and legal protections associated with different types of romantic relationships. Through both the Venn Diagram and Debate activities, students will identify various relationship forms and analyse the specific rights and legal benefits each one provides. The lesson will also emphasise the importance of recognising and respecting the validity of diverse relationships in our society, as well as the choice to be single.
2	Romantic relationships	In this lesson, students will explore the various stages of romantic relationships and the emotional changes that occur at each stage. They will learn to compare and contrast these stages, recognise the shifts in emotions, and identify effective ways to manage strong feelings throughout a relationship. By the end of the lesson, students will have a deeper understanding of how to navigate romantic relationships respectfully and healthily.
3	Kinds of intimacy	In this lesson, students will explore intimacy in relationships, what it means, why it is important and how it is achieved. We will then delve into various acts of intimacy, guiding students to categorise them from least to most intimate and discuss the contexts in which these acts might occur in different relationships. A key part of our discussion will be defining what constitutes 'sex' and which acts of intimacy are considered sex. Finally, we will examine the four forms of intimacy - emotional, physical, intellectual, and spiritual - and encourage students to reflect on these elements in the context of their own current or future relationships.
4	Contraception	In this lesson, students will explore the various considerations involved in selecting suitable contraception methods. Through the game Jeopardy, they will learn how different forms of contraception work, compare their benefits and side effects and identify which methods are ideal for different individuals based on their needs and lifestyles. Through the game and following discussions, students will gain the knowledge needed to make informed decisions about contraception.
5	Navigating pregnancy choices	This lesson on pregnancy choices will explore both planned and unplanned pregnancies, understanding what happens in each trimester, and engaging in a scenario-based activity. We'll analyse the different factors that can impact decisions around abortion, a continuation of the pregnancy, or adoption.

6	Self examination	This lesson aims to help students recognise the importance of regular self-examination and screening in preventing health issues. Students will learn about the benefits of these practices, understand the impact of early detection on prognosis and treatment, and develop a basic schedule for regular health screenings and self-examinations. By the end of the lesson, students will appreciate how proactive health monitoring can lead to better health outcomes.
7	Discrimination & the Equality Act	In this lesson, we explore the nine protected characteristics outlined in the Equality Act 2010 and their significance. Students will learn to distinguish between various forms of discrimination and understand how the Equality Act applies in different contexts through analysing real-life cases. By the end of the lesson, students will be equipped to recognise and address issues related to discrimination under the law.
8	Overcoming Mob Mentality	Mob Mentality is a term used to describe people blindly following the crowd at the cost of their own individuality and freedom of thought. We've seen it play out across history, and in this lesson, we'll explore the dangers of this mentality and how it can impact society. Students will also focus on what they can do to stop themselves from falling victim to this mentality and how they can remain critical thinkers and make decisions based on what's best for them.
	<b>KEEPING SAFE</b>	
1	Distorted reality of porn	In this lesson, we will delve into some of the different perspectives that young people have on pornography. We canvass the false reality pornography presents, identifying the elements of communication, consent, and protection often not present. Students go on to identify how this distorted reality can encourage problematic and unhealthy views of sex and women that can impact relationships, as well as the digital resources available to them to learn healthy sexual behaviours.
2	Sexting	In this lesson, students will learn to recognise the risks associated with sexting and understand its potential long-term consequences. They will examine different views on sexting, identify its various impacts, and recognise the lasting effects it can have on individuals. By the end of the lesson, students will have a comprehensive understanding of the seriousness of sexting and its implications.
3	Power & Gender-based Violence	In today's lesson, we will examine how power dynamics influence gender violence and explore its global significance. Students will evaluate the importance of gender violence issues worldwide, investigate how power contributes to violence against women, and identify specific acts of violence in various scenarios. Through this analysis, we aim to deepen our understanding of the complex relationship between power and gender violence.
4	Coercive control	In this lesson, students will learn to identify elements of coercive control and controlling behaviour and find ways to support victims. They will define the nine forms of coercive control, recognise these behaviours in a video scenario, and determine effective methods to help victims. By the end of the lesson, students will be better equipped to understand and address coercive control in various contexts, and how it compares to healthy relationships.
5	Sexual Violence and Abuse	In this lesson, we will address the important and sensitive topic of sexual violence and abuse, exploring its definition, impact, and the crucial role of consent. We will engage in thoughtful discussions, watch informative videos, and

		participate in group activities to deepen our understanding and learn how to ask for consent correctly. Furthermore, we will reflect on our role in reducing sexual violence in our society and fostering a culture of respect and safety.
6	Knife Crime	In this lesson, we address the wide-spanning nature of the knife crime issue in the UK. Through an interview with a young man who carries a knife, students interrogate the reasons why people choose to carry knives, how it impacts individuals and potentially escalates low level conflicts. Students conclude the lesson by creating a flowchart representing the wide-spanning impact knife crime has on individuals, families, and the community.
	<b><u>HEALTHY LIFE CHOICES</u></b>	
1	Sleep, exercise & Diet	Learning how to improve our resilience doesn't need to be a mystery. Sometimes, it can be straightforward. By ensuring we get enough sleep, exercise regularly, and eat the right foods, we can significantly impact our resilience. In this lesson, the goal is to help students understand how their physical health plays in building their resilience.
2	Countering negativity	This lesson on negativity bias will explore how our "caveman" minds can cause harm in the modern world by making us worry, compare ourselves to others, and focus on the negatives in our lives. Students will learn about six components of negativity bias and practice three strategies to counteract its influence, including savouring the positives, stopping negative self-talk, and reframing negative situations.
3	Managing stress	This lesson is designed to help students recognise and articulate what specific situations trigger their stress and overthinking. Teachers will guide students through exercises to develop effective, personalised strategies to manage these reactions. The culmination of the lesson will be for each student to create a comprehensive stress management plan, ensuring they have practical tools to apply in stressful situations in the future.
4	Credit and debt	In this lesson, students will explore the concepts of credit and debt, understanding how borrowing decisions impact financial stability. They will learn to distinguish between manageable debt and financial difficulty, identifying key factors that influence credit scores. Through discussion and practical strategies, students will develop skills to make informed financial choices and avoid falling into a cycle of debt.
5	Wages & Payslips	In this lesson, students will learn how to read and interpret a payslip, focusing on key components such as gross pay, net pay, and common deductions. They'll explore how different types of employment (like casual, part-time, and full-time) can impact pay, benefits, and tax. By the end of the lesson, students will be able to spot errors in a payslip and know what steps to take to address them.
6	Is it worth a gamble?	In this lesson, students will explore the concept of fake news and misinformation, gaining a deep understanding of their potential dangers to both individuals and society as a whole. Through a series of activities and discussions, students will learn to define fake news, understand its impact, and identify effective strategies to counter it. The lesson aims to equip students with the critical thinking skills necessary to navigate the digital world, highlighting the potential societal damage caused by the spread of fake news.
7	Living with Purpose	This lesson will help students identify a purpose in life and prepare a guide for achieving it. Students will reflect on their lives, clarify their values and visualise their future, and then use these activities to write a personal mission statement. They will then share their statement and identify how they can live in alignment with the statement, which can guide their decisions in life.

