

Week	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
1	What is PSHMEE?	1 <sup>st</sup> Aid	Healthy and unhealthy friendships	New challenges	The sleep factor	Career employability
2	Personal relationships - family and friends	1 <sup>st</sup> Aid	Managing risks online <b>Run by SDS</b>	<b>Elevate</b>	Goal setting - ready aim fire	Computer literacy Employability skills
3	Dealing with change	What is vaping and is it as bad as smoking?	Risk in relation to gangs	You're beautiful	Resilience	Research different jobs
4	<b>The Big Draw</b>					
5	Keeping safe - my life on screen	Cancer – Awareness Introduction	Risks and consequences	How to reframe negative thinking	Exam stress	Career apprenticeships
6	Drugs – why are they dangerous Class A, B and C	The law and addiction	Getting out	Recognising mental ill-health and when to get help	Social media and well being	Applications and personal presentations
1	Unifrog What are skills? <a href="https://www.unifrog.org/teacher/resources/sort/what-are-skills">https://www.unifrog.org/teacher/resources/sort/what-are-skills</a>	Challenging stereotypes and discrimination <b>Bletchley Park</b>	Employing you	Banking	Unifrog Choices choices  <a href="https://www.unifrog.org/teacher/resources/sort/post-16-choices-choices">https://www.unifrog.org/teacher/resources/sort/post-16-choices-choices</a>	Class A drugs
2	Unifrog Careers and personality profile <a href="https://www.unifrog.org/teacher/resources/year-7-grade-6/interests-profile">https://www.unifrog.org/teacher/resources/year-7-grade-6/interests-profile</a>	Careers – Development focus; how can we develop our teamwork skills	Unifrog Personality profile <a href="https://www.unifrog.org/teacher/resources/sort/personality-profile">https://www.unifrog.org/teacher/resources/sort/personality-profile</a>	Banking part 2	Unifrog CVs card sort  <a href="https://www.unifrog.org/teacher/resources/sort/distance-learning-cv-card-sort">https://www.unifrog.org/teacher/resources/sort/distance-learning-cv-card-sort</a>	Class B Drugs
3	Unifrog Careers treasure hunt <a href="https://www.unifrog.org/teacher/resources/year-7-grade-6/careers-library-treasure-hunt-1">https://www.unifrog.org/teacher/resources/year-7-grade-6/careers-library-treasure-hunt-1</a>	Careers – Development focus; how can we develop our communication skills	Unifrog Social media and personal brand <a href="https://www.unifrog.org/teacher/resources/sort/work-experience-social-media-and-personal-brand">https://www.unifrog.org/teacher/resources/sort/work-experience-social-media-and-personal-brand</a>	Ways to save money	Unifrog Employment rights for young people  <a href="https://www.unifrog.org/teacher/resources/sort/employment-rights-for-young-people">https://www.unifrog.org/teacher/resources/sort/employment-rights-for-young-people</a>	Class C drugs + prescription drugs

4	Resilience	Careers – What are National Insurance and income tax? Reading Pay slips	Choices lesson (school based)* To be updated when options process confirmed	Gambling	Unifrog Discover your competencies  <a href="https://www.unifrog.org/teacher/resources/sort/individual-project-competencies">https://www.unifrog.org/teacher/resources/sort/individual-project-competencies</a>	Relaxation
5	<b>FEAST DAY</b>					
6	Problem solving	expanding horizons	Unifrog choices SLB CHECK!	Money mules	Unifrog Revision Good vs Bad <a href="https://www.unifrog.org/teacher/resources/sort/revision-good-vs-bad">https://www.unifrog.org/teacher/resources/sort/revision-good-vs-bad</a>	Relaxation
Spring Jan 2023						
1	Radicalisation and extremism	Keeping Safe and Positive relationships	Different types of relationships (family life)	Why do people become extremists	MOCKS	Mocks
2	Prejudice and discrimination	Internet Safety – Online grooming	Personal relationships – Violence and abuse	Gender stereotypes	Mocks	Mocks
3	Cyberbullying	Cyberbullying	Online Safety	Safer online relationships	Self Image	Critical Thinking
4	Bullying or Banter	Discrimination teens and media	Parenting	Equality	Relationships and sexuality	Free speech and hate speech
5	Falling in Love	Prejudice and discrimination	The adoptables <b>*Send a letter</b>	Consent	Consent Rape and sexual abuse	Free speech and hate speech
6	Keeping Safe and positive relationships	British Values – tolerance and anti racism	Knowing my rights and responsibilities (10:10) (This includes a section on consent)	Mental Health	Relationship Breakups	Social Justice
Spring 2023						

1	My Body – changing bodies (incl puberty, periods)	Attitudes towards mental health (PSHE association)	Peer Pressure	Role models	First Aid - Intro	Cosmetic and Plastic Surgery Pt1
2	FGM – what it is and why it is so dangerous?	Promoting emotional wellbeing	Body Image – eating disorders	Social media (PHE resource)	First Aid - CPR	Cosmetic and Plastic Surgery Pt2
3	National Careers Week and Science & Engineering Week	National Careers Week and Science & Engineering Week	National Careers Week and Science & Engineering Week	National Careers Week and Science & Engineering Week	National Careers Week and Science & Engineering Week	Gender and Identity Pt1
4	Comic relief and Charity Work – Discussion and exploration (Turkey-Syria Earthquake)	Comic relief and Charity Work – Discussion and exploration (Turkey-Syria Earthquake)	Comic relief and Charity Work – Discussion and exploration (Turkey-Syria Earthquake)	Comic relief and Charity Work – Discussion and exploration (Turkey-Syria Earthquake)	Comic relief and Charity Work – Discussion and exploration (Turkey-Syria Earthquake)	Gender and Identity Pt2
5	The sleep factor – What do we mean by a healthy lifestyle?	Healthy coping strategies	Teenage Cancer trust – what is cancer *send a letter	Drug and alcohol education – substance use and assessing risk	What is Cancer? Coppa Feel *send a letter	Miscarriage and unplanned Pregnancy Pt1
6	Healthy Living - Not eating healthily – what are the consequences?	Self-Aware	Teenage Cancer Trust – what is cancer part 2	How Harmful is Binge drinking	Organ and tissue donation *send a letter	Miscarriage and unplanned Pregnancy Pt2
Summer 23						
1	Healthy – inside and out Mental Health issues – depression focus	Safe Sex - Consent	My Body - Love people - use things	Valuing diversity (PSHE association)	Parenting	Careers – Core Subjects
2	Healthy Living – Exercise	Safe Sex Contraception		County Lines	Pregnancy	Careers continued
3	What is my personal identity and why is diversity important?	Safe Sex dangers of pornography	Emotional well-being - In control of my choices (10:10)	Understanding and preventing extremism (PSHE association)		Personal Statement

4	Keeping good friendships and avoiding toxic ones	Safe sex – Sexting and sharing images	Life cycles -Fertility and contraception (10:10)	Radicalisation (PSHE association)		Personal Statement
5	Romance and Relationships	Safe sex - STIs	Keeping safe - one hundred percent (10:10)	Prejudice and stereotypes		Plagiarism
1	Money and budgeting	How do I keep my finances secure?	Unifrog Digital footprint	Unifrog Work experience – how to contact employers		Honor Violence
2	Money Managment	Enterprise: designing an app	Unifrog Personal Brand	Unifrog Work experience – how to behave in the workplace		Feminism Pt 1
3	Borrowing and Lending	Trust me: Content	Unifrog Employment Rights	Unifrog Work experience – health and safety		Feminism Pt 2
4	Financial Prodcuts	Deciding what to watch (BBFC)	Unifrog Your skills your future	Unifrog – skills and enterprise start up challenge		Date Rape
5	Financial Transactions	Causes of cybercrime	Unifrog Feedback	ENTERPRISE CHALLENGE		