

Lesson name	Core lesson aims
New beginnings	● To explore the themes of RHPD ● To establish classroom rules
Let's get going	● To help students explore what they are hopeful for and worried about over the next 5 years
Getting to know your group	● To enable students to get to know people in their learning group
Healthy and Unhealthy friendships	● To recognise what makes a good friend and a bad one ● To try and take steps to avoid unhealthy friendships
New beginnings Friends Listen	● To learn listening skills ● To analyse how important listening is in friendships
Family life	● To be reminded about different types of families ● To explore ways to help get on with their family
Puberty and hygiene	● To understand basic body changes brought on by puberty ● To understand that everyone is different and that is okay
Relationships	● To explore different types of relationships ● To explore what is normal in romantic relationships
Unhealthy relationships	● To know the meaning of consent ● To explore how lack of consent links to unhealthy relationships
Bullying - Getting it,	● To clarify what bullying is ● To start to explore the feelings of those being bull
Bullying - Handling it!	● To explore the terms upstander and bystander ● To see how being an upstander helps deal with bullying
Bullying - Understanding the impact	● To understand the impact of bullying on people ● To see where people can get support due to bullying
What's in a face	● To understand what body language is

	● To explore why it is useful
My Feelings – Tame them	● To understand what emotions are for ● To begin to explore how we can handle our feelings
Body Image	● To understand what body image is and how it is influenced ● To explore how body image
Resilience Thoughts and feelings, self-talk	● To understand the difference between growth and fixed mindset ● To explore ways to build resilience
Resilience Thinking Brain – Mindset	● To explore how mindsets impact on us
Resilience Accuracy of beliefs - Pessimistic Vs Optimistic	● To understand the difference between optimism and pessimism and the impact it has on people
Resilience Putting it in perspective – Catastrophic thinking	● To understand what self talk is and how it impacts on us
Resilience Challenge unhelpful thinking – Use Evidence	● To understand ways to challenge catastrophic thinking
Resilience Overcoming Emotions - Strategies to use in conflict	● To explore what might cause conflict. ● To explore strategies to defuse conflicts
Resilience Coping strategies	● To explore the 5 wells of wellbeing ● To explore how grounding techniques work.
Under Pressure Self-assertion	● To understand what being assertive means ● To understand how to be assertive
Under Pressure Peer pressure	● To be reminded what peer pressure is and how to resist it
Under Pressure Peer pressure and groupthink	● To understand how peer pressure can be a positive thing at times ● To explore how helpful resisting peer pressure can be
Under Pressure Attitudes towards smoking & E- cigarettes	● To know what vaping is and what some of its effects are ● To explore if banning something is the best way to control it
Under Pressure Attitude to drugs	● To be able to define what drugs are ● To explore the effects of drugs ● To understand the risk of caffeine

Under Pressure Alcohol	● To explore the risks of alcohol ● To understand why people drink
How to disagree and still be friends	● To explore how disagreements happen ● To explore how to maintain friendships with those you disagree with ● To be reminded of them to end friendships
Health First aid	● To understand basic first aid principles
Health CPR	● To understand how CPR works ● To explore what a defibrillator is used for
Health Burns bleeds and choking	● To understand basic first aid techniques
Health Water Safety	● To understand how to stay safe around bodies of water
Living in a wider world Diversity	● To understand the limitations of using stereotypes ● To consider how we can challenge stereotypes
Living in a wider world British values Does it matter? Beliefs and Values	● To understand what it means to be British ● To know what the fundamental British values are
Living in a wider world – Managing budgets	● To understand the basics of budgeting ● To see how difficult it can be to stick to.
Living in a wider world - helping your local area	● To explore how people can make their community better ● To explore why people should get involved with doing it