

Lesson name	Core lesson aims
Dealing with change	● To establish classroom rules ● To discuss facing changes ● To explore how to overcome challenges
Mental Health	● To demonstrate strategies for managing impulses and strong emotions ● To understand how health can be affected by emotions ● To demonstrate ways to reduce and manage negative feelings ● To recognise what makes you feel good.
Peer Pressure	● To understand the term Harassment ● To discuss reasons of peer pressure ● To emphasise the importance of NO
Vaping	● Discuss misconceptions regarding e-cigarettes/vaping. ● Use health promotion information to inform others of the harms of using vapes. ● Identify refusal responses in a vaping situation
Knives and Gangs	● To explore the importance of role models on our behaviour ● To explore the benefits and challenges of role models ● To understand how people become involved in knife and gang culture
Cancer prevention	● To recognise the signs of breast and testicular cancer
FGM	● To understand what FGM is ● To know what signs to look out for to support friends
What do we need to know about sex	● To examine and understand some key terms to do with sex, sexuality and relationships ● To explore what you feel you need to know about this part of life

Sexting	● To know what sexting is, why people might do it and the potential consequences and risks ● For students to have considered opinions and feelings about sexting and the choices related to it. ● To be able to support a friend affected by sexting
What's normal in a teenage relationship	● To discuss what is 'normal' in relationships ● To demonstrate understanding of health relationships through reflection.
Working out relationships	● Evaluate whether a relationship is healthy or unhealthy ● Identify strategies to build a healthy lasting relationship ● Explain how to access support in relation to unhealthy relationships
Consent	● Explain what is meant by 'consent', and what this means within healthy relationships ● Explain some consequences of not giving consent to sexual activity
LGBTQ+	● To understand the concept of sexual orientation which includes gay, lesbian, bisexual and heterosexual. ● To explore the impact prejudice can have and encourage pupils to feel empathy for LGBTQ+ young people. ● To recognise prejudice and bullying, take the initiative to challenge them and give support to those targeted.
Family Life	● To understand the role of parents and carers in trying to raise children. ● To analyse which parts of this role might be more challenging than others
Pregnancy	● To begin to appreciate how parenthood could and would change your lives, ● To begin to understand the role and feelings of parents/carers ● Begin to think about how far you can, and should, be responsible for others,

	● Consider the costs of risk taking behaviour and the effect on others
Choices in pregnancy	● To know the stages of development for a pregnancy ● To explore potential options that people have when they discover an unplanned pregnancy ● To discuss ways of preventing unplanned pregnancies
STIs	● To understand what STIs are and how to avoid them ● To be reminded about the importance of contraception in stopping STIs