

Lesson name	Core lesson aims
Stress and the 5 Wells of wellbeing	• To understand different types of stress • to explore a strategy to handle stress
Flexible thinking	• To explore different strategies to handle stress
Physical mindfulness	• To explore different strategies to handle stress
Substance safety reminders	• to recap previous lessons about drugs and alcohol • to be reminded of the law around drugs and alcohol • to know how to be safer when drinking
Drive Safe	• to understand the distractions that drivers face • To understand the impact of safe driving
CV writing 101	• To understand what a CV is for
CV writing practice	• To start writing or to complete their own CV
Making post-16 applications	• To understand what options students have after GCSEs • To practice applying for roles
Interview preparation	• To explore strategies to help interview for college places or work
Handling family conflict	• I can explain how the outcome of family disagreements is dependent on each person's conduct • I can explain the link between emotional wellbeing and the health of family relationships • I can describe strategies for preventing and managing family conflict
Relationships, law, sex and the internet	• To recap previous learning about sexual relationships • To remind you of the law regarding sexual activity.

	● To make sure you have knowledge to help keep yourself safe
Sexual health and fertility	● to review previous learning about sexual health and explore contraception ● to explore what impacts on fertility ● To understand facts about miscarriage
Managing relationship conflict and break ups	● We are learning how to identify and manage appropriate and inappropriate conflict behaviours and to manage breakups respectfully and safely
Addressing relationship abuse	● We are learning how to end and/or get support for abusive relationships
Pressure, persuasion and coercion	● how seeking consent through pressure and coercion is wrong and how to manage pressure to consent through communication ● that “consent” obtained in this way is not genuine
Sexual harassment	● Recognise examples of sexual harassment ● Understand the emotional impact sexual harassment can have on those involved
Victim blaming	● To understand what victim blaming is ● To explore the impact of victim blaming
banking, savings, and investments	● Understanding debt, interest rates and saving
credit and interest	
Mortgage and renting	● Explore benefits of buying and renting ● Explore when each is a good option
Understanding your payslip	● How to read a payslip for both self employed and those with employers
Screening for diseases	● Identify what diseases can be identified early ● Know what screening is available throughout our lives

Gambling	• To understand the risks associated with gambling
Extremism	• To understand how extremist points of view develop • To understand the wider impact of extremist ideas
First aid safety on a night out	• How to conduct first aid on a night out • Some aspects of drink awareness
How politics works	• To understand how UK politics works • To understand the left and right of politics
Understanding political parties	• To explore how political parties work and what they stand for
The influence of politics	• To explore how political systems are influenced.