

	Core Theme 1: Relationships			Core Theme 3: Health and Well Being		
	SRE 1	SRE 2	SRE 3	Drugs and Alcohol Education	Health Education	EHWB Education
Rotation	1	2	3	4	5	6
Year 7	Families, Friendship and Respect <i>Focus: Understanding what healthy and respectful friendships look like, including boundaries, kindness, consent and online safety, and knowing how to get help when friendships feel unsafe.</i>	Body, Puberty and Personal Hygiene <i>Focus: Understanding the physical and emotional changes that happen during puberty, how to care for personal hygiene, and the importance of respecting their own and others' bodies.</i>	Staying Safe in Relationships and Online <i>Focus: Understanding how to stay safe in different relationships and online spaces by recognising risks, unsafe behaviour and knowing how to seek help.</i>	Risk Awareness <i>Focus: Understanding the safe use of medicines, basic awareness of drugs and alcohol, and how to recognise and manage risk and peer pressure.</i>	Healthy Lifestyle and Staying Safe <i>Focus: Understanding how everyday choices affect health and wellbeing, and how to stay safe in common situations and emergencies.</i>	Emotional Literacy and Feelings <i>Focus: Understanding emotions, managing change and transition, and knowing how to access support for emotional wellbeing.</i>
Content:	Understanding healthy and respectful friendships. Developing and maintaining positive friendships. Understanding boundaries, consent and respect. Recognising the importance of respectful behaviour. Understanding different types of families and networks. Exploring marriage and committed relationships.	Understanding the physical and emotional changes of puberty. Recognising how bodies develop during adolescence. Understanding the changes experienced during boys' puberty. Understanding periods and menstrual health. Developing good personal hygiene habits. Developing respect for our own and others' bodies.	Understanding the importance of trust in relationships. Recognising bullying and how to respond safely. Understanding child-on-child abuse and how to seek help. Recognising risks and staying safe online. Making safe and responsible choices about sharing online. Recognising online grooming and knowing how to get help.	Understanding the risks associated with drugs and alcohol. Developing awareness of medicines and their safe use. Understanding peer pressure and how to respond to it. Recognising risky situations and making safer choices. Understanding the risks of smoking and vaping. Knowing how to manage pressure and seek help when needed.	Understanding the factors that affect health and wellbeing. Recognising the importance of exercise and sleep. Understanding how to stay safe in different environments. Making healthy choices to support wellbeing. Understanding how to respond to emergencies. Developing basic first aid skills.	Understanding emotions and what they can tell us. Developing strategies to manage emotions. Building positive relationships with ourselves. Understanding self-esteem and confidence. Developing resilience when facing challenges and change. Knowing how to access support for emotional wellbeing.
Year 8	Healthy and Unhealthy Relationships <i>Focus: Understanding what makes relationships healthy, respectful, and safe, and how to recognise and respond to unhealthy or harmful behaviours.</i>	Identity <i>Focus: Understanding and respecting individual differences in identity</i>	Respecting Boundaries and Staying Safe Online <i>Focus: Understanding consent and staying safe online by recognising pressure, manipulation, and knowing how to get help.</i>	Drug and Alcohol Culture <i>Focus: Understanding the risks, influences, and realities of vaping, smoking, and alcohol so students can make informed, healthy choices</i>	Healthy Lifestyle and Safety <i>Focus: Understanding how to live a balanced, healthy, and safe life by taking care of your body, mind, and surroundings</i>	Digital Resilience and Me <i>Focus: Understanding how social media and comparison culture can affect body image and self-esteem, and developing strategies to build digital resilience.</i>
Content:	Understanding healthy and respectful relationships. Recognising the importance of tolerance and mutual respect. Understanding roles and responsibilities within relationships. Recognising red flags and unhealthy behaviours. Developing strategies for managing conflict. Understanding how to end relationships safely and respectfully	Exploring identity and what makes us unique. Understanding and respecting individual differences. Understanding protected characteristics. Challenging stereotypes and assumptions. Exploring gender stereotypes and their impact. Understanding the importance of gender equality.	Understanding healthy romantic relationships and communication. Understanding consent, boundaries and personal choice. Recognising sexual harassment and how to challenge it. Developing critical thinking about sexualised media and online content. Understanding deepfakes and their potential harms. Recognising online sexual extortion and knowing how to seek help.	Understanding the facts and risks associated with drugs. Understanding the law around drug possession. Exploring the risks and safety of legal drugs. Understanding the effects and risks of alcohol. Exploring the impact of alcohol on relationships. Understanding how drugs and alcohol can affect feelings and behaviour.	Understanding the importance of a balanced and healthy diet. Recognising how diet affects physical health. Understanding the benefits of regular exercise. Exploring barriers to physical activity and how to overcome them. Developing a positive and respectful attitude towards our bodies. Understanding the importance of healthcare and vaccinations.	Developing confidence in talking about mental health. Understanding how to develop a positive mindset. Recognising the impact of social media on wellbeing. Understanding how group chats and online interactions can affect us. Recognising cyberbullying, trolling and how to respond safely. Knowing how to seek help and support when struggling with difficult feelings.
Year 9	Relationships, Power and Influence <i>Focus: Building knowledge of sexual relationships and how to recognise and respond to unhealthy or unsafe behaviour.</i>	Understanding Sexual Health <i>Focus: Building knowledge of sexual health, reproduction and the importance of responsible decision-making.</i>	Consent, Exploitation and Pornography <i>Focus: Recognising exploitation, understanding consent, and critically evaluating sexual content online.</i>	Law, Addiction and Harm <i>Focus: Understanding the law, health risks and long-term impact of substance use and addiction.</i>	Independence and Safety <i>Focus: Developing safe, healthy habits and risk awareness as independence increases.</i>	Pressure and Stress <i>Focus: Understanding what pressure and stress are, how they affect mental and physical health, and developing healthy strategies to manage stress and seek support.</i>
Content:	Understanding how relationships are portrayed in the media. Exploring power and influence within relationships. Recognising controlling and unhealthy behaviours. Understanding misogyny and its impact. Challenging harmful attitudes and behaviours towards others. Understanding and respecting diverse relationships.	Understanding what STIs are and how they can be prevented. Understanding different types of contraception. Exploring how contraception can reduce the risk of pregnancy. Understanding the correct use of condoms. Developing responsible approaches to sexual health. Knowing where to access reliable health advice and services.	Understanding consent and the importance of mutual agreement. Recognising sexual harassment and understanding the law. Understanding the risks and consequences of sharing nudes. Recognising child sexual exploitation and how to seek help. Developing critical awareness of pornography and its influence. Understanding how to stay safe from sexual exploitation and harm.	Understanding the safe and responsible use of prescription drugs and antibiotics. Understanding county lines, gangs and associated risks. Developing strategies to manage peer influence and pressure. Understanding how to respond to drug-related emergencies. Recognising how online spaces can influence illegal behaviour. Understanding the wider risks and consequences of substance misuse.	Developing healthy eating habits on its impact on wellbeing. Understanding how online activity can become addictive. Promoting positive and respectful body image. Understanding eating disorders and their impact. Developing first aid and CPR skills. Building independence through safe and healthy choices.	Understanding pressure, stress and their impact on wellbeing. Challenging mental health stigma and harmful language. Developing confidence in talking about feelings. Understanding anxiety and how it can be managed. Developing self-regulation and coping strategies. Exploring ways to promote happiness and positive wellbeing.
Year 10	Intimate Relationships, Respect and DA <i>Focus: Understanding how healthy intimate relationships differ from abusive ones and knowing how to access support.</i>	Sexual Readiness and Decision Making <i>Focus: Building knowledge about decisions that are aligned with the act of sex.</i>	Sexual Harassment, Pornography and Exploitation <i>Focus: Challenging harmful sexual behaviours and developing critical understanding of sexual content.</i>	Risk, Addiction and Harm Reduction <i>Focus: Understanding addiction and learning how to reduce risk and seek help.</i>	Personal Responsibility and Safety <i>Focus: Preparing students to take responsibility for their own health, safety and decision-making in real-world situations.</i>	Sustaining Wellbeing, and Pressure Management <i>Focus: Developing strategies to maintain emotional wellbeing, identity and balance during periods of sustained pressure.</i>
Content:	Understanding healthy intimate relationships and mutual respect. Recognising controlling behaviour and coercion. Understanding microaggressions and their impact. Recognising abusive and exploitative relationships. Understanding domestic abuse and how it can be prevented. Understanding separation, divorce and relationship loss.	Understanding what it means to be ready for sex and intimacy. Developing communication and decision-making skills around sex. Making informed and responsible choices about contraception. Understanding STI testing, prevention and protecting others. Understanding unplanned pregnancy and available choices. Understanding abortion, fostering and adoption.	Understanding sexual harassment, stalking and the law. Recognising gaslighting and emotional abuse. Understanding forced marriage and its risks. Exploring the harms and ethical issues surrounding pornography. Understanding the risks associated with strangulation. Understanding deepfakes, AI and harmful sexual content.	Understanding the effects of illegal drugs on the mind and body. Understanding the risks associated with alcohol use. Developing strategies to reduce harm and stay safe. Understanding how to stop smoking and vaping. Understanding the risks associated with nitrous oxide. Recognising gambling risks and potential harms.	Understanding the impact of sugar and processed foods on health. Understanding cancer awareness and self-examination. Developing a positive and healthy body image. Making informed choices about appearance and body modification. Developing awareness of risks and staying safe in public spaces. Understanding social media validation and its impact on wellbeing.	Developing strategies to support mental health and manage low mood. Understanding healthy and unhealthy coping strategies. Managing stress and pressure during exams. Developing strategies to manage social anxiety. Building positive self-esteem and confidence. Understanding and accessing mental health support networks.
Year 11	Relationships, Intimacy and Digital Influence <i>Focus: Understanding how communication, expectations and digital influences can affect romantic relationships, and developing healthy boundaries and informed choices.</i>	Fertility, Parenting and Parenthood <i>Focus: Understanding fertility, pregnancy and parenthood, including the responsibilities, choices and considerations involved in becoming a parent.</i>	Digital Safety, Exploitation and Online Harm <i>Focus: Understanding the risks of online exploitation and harmful digital behaviour, including cybercrime, sextortion, AI-generated content and image-based abuse, and knowing how to protect themselves and others.</i>	Substances, Addiction and Relationships <i>Focus: Understanding the risks of substance use and addiction, including their impact on relationships and mental health, and knowing how to reduce harm and access support.</i>	Independence, Health and Personal Safety <i>Focus: Preparing for greater independence by making informed choices about health, personal safety and risk in adult life.</i>	Emotional Wellbeing, Identity and Transition <i>Focus: Developing resilience and emotional wellbeing while managing identity, pressure, change and challenges during the transition to adult life.</i>
Content:	Understanding how partners may have different expectations and needs. Developing healthy communication and respect in romantic relationships. Understanding how media can influence attitudes and expectations around sex and relationships. Recognising the opportunities and risks of online dating. Understanding the potential risks of developing attachments to chatbots and AI. Developing healthy boundaries and making informed choices in digital relationships.	Understanding how brain development relates to parenting. Exploring the responsibilities and costs of parenthood. Understanding fertility, infertility and miscarriage. Exploring the factors that influence decisions about pregnancy. Understanding the choice to continue or end a pregnancy. Considering the responsibilities and long-term implications of parenthood.	Understanding cybercrime and the risks of the dark web. Recognising sextortion and how to respond safely. Understanding AI-generated content and how to spot manipulation. Understanding the harms of pornographic deepfakes and non-consensual image sharing. Understanding honour-based violence and killings. Developing strategies to stay safe and protect others online.	Understanding the risks and consequences of substance use. Exploring how substance use can affect relationships. Understanding addiction and dependency. Exploring the impact of addiction on mental health. Developing strategies to reduce harm and manage risk. Knowing how to access support for substance use and addiction.	Understanding fertility and reproductive health. Making informed choices about cosmetic procedures. Recognising risks and staying safe in public spaces. Developing personal safety strategies. Understanding responsibility as independence increases. Making informed and healthy choices in adult life.	Understanding neurodiversity and individual differences. Managing everyday pressures and opportunities. Developing resilience when facing challenges and change. Understanding how to protect and support emotional wellbeing. Recognising signs of emotional crisis and knowing how to seek help. Understanding suicide prevention and how to support others.