

	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	Body, Puberty and Personal Hygiene	Staying Safe in Relationships and Online	Risk Awareness	Healthy Lifestyle and Staying Safe	Emotional Literacy and Feelings
	<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>	<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>	<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>	<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>	<i>Focus: Understanding how everyday choices affect health and wellbeing, and how to stay safe in common situations and emergencies.</i>	<i>Focus: Understanding emotions, managing change and transition, and knowing how to access support for emotional wellbeing.</i>
Lesson 1	Healthy Relationships (EC)	How Does it Feel to Go Through Puberty 1 (LL)	Importance of Trust (EC)	Drugs and Alcohol Introduction 1 (EC)	Health and Wellbeing Introduction 1 (EC)	Mental Health Intro (EC)
Lesson 2	Maintaining Friendships (EC or Pol ED)	How Does it Feel to Go Through Puberty 2 (LL)	Anti Bullying (EC)	Drugs and Alcohol Introduction 2 (EC)	Health and Wellbeing Introduction 2 (EC)	What Are My Emotions Telling Me 1? (LL)
Lesson 3	Maintaining Friendships Continued (EC)	How Do Our Bodies Change During Puberty (LL)	What is Child on Child Abuse (Pol ED)	Peer Pressure 1 (EC)	How Do Exercise and Sleep Effect our Physical Health? (LL)	What Are My Emotions Telling Me 2? (LL)
Lesson 4	Importance of Respect (EC)	Personal Hygiene (EC)	Online Safety Intro (EC)	Peer Pressure 2 (EC)	How Can We Stay Safe In Different Environments? (LL)	How Can We Build A Positive Relationship With Ourselves (LL)
Lesson 5	Families (EC)	Periods and Menstration (EC)	How Do We Choose What to Share Online? (LL)	The Facts About Smoking and Vaping (LL)	How Can We Make Healthy Choices for Our Well Being? (LL)	Self Esteem Through Life (EC)
Lesson 6	Marriage (EC)	Boys Puberty (EC)	Online Grooming (EC)	Dangers of Vaping (EC)	How Can I Perform First Aid? (LL)	Building Resilience (EC)
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.
Keyoutco me:	Students understand what healthy, respectful friendships look like and how to keep themselves and others safe.	Students understand the changes their bodies go through during puberty and how to care for and respect their own and others' bodies.	Students understand how to stay safe in relationships and online, recognise risks, and know how to seek help if they feel unsafe.	Students understand the risks associated with drugs, alcohol, and risky behaviours and how to make safe, informed choices.	Students understand how to maintain a healthy lifestyle and stay safe in everyday situations.	Students understand their emotions, how to manage change and challenges, and know where to seek support when needed.
Student Friendly Focus:	Understanding how to build healthy friendships, respect boundaries and personal space.	Understanding how bodies change during puberty, how to look after personal hygiene, and why it is important to respect our own and others' bodies.	Understanding how to stay safe in relationships and online, recognise unsafe behaviour, and know how to get help.	Understanding what medicines and drugs are, how to use them safely, and how to handle pressure to take risks.	Understanding how to look after our health and stay safe in everyday situations.	Understanding our emotions, learning how to manage change and worries, and knowing who to talk to for support.