

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 Decison Making <i>Focus: Building knowledge about decisons 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>
Lesson 1	How Can We Prevent Controlling Behaviour (LL)	Assessing Readiness for Sex (EC)	Stalking, Harrassment and the Law 1 (EC)	What Are the Effects of Illegal Drugs on the Mind and Body 1 (LL)	Sugar and Processed Foods 1 (EC)	Techniques for Improving Mental Health and Low Mood (LL)
Lesson 2	Language Microaggressions and Bullying (EC)	How Can Someone Communicate Choices About Sex and Intimacy (LL)	Stalking, Harrassment and the Law 2 (EC)	What Are the Effects of Illegal Drugs on the Mind and Body 2 (LL)	Sugar and Processed Foods 2 (EC)	Healthy and Unhealthy Coping Strategies (LL)
Lesson 3	Coercive, Exploitative and Abusive Relationships 1 (EC)	Make Healthy Choices Around Contraception (LL)	Gaslighting and Emotional Abuse (EC)	How Can People Stay Safe Around Alcohol	Cancer and Self Examination 1 (EC)	Stress and Exam Performance (EC)
Lesson 4	Coercive, Exploitative and Abusive Relationships 2 (EC)	How Can We Test For and Protect Each Others From STI's (LL)	Forced Marriage (EC)	How Can Someone Stop Smoking and Vaping (LL)	Cancer and Self Examination 2 (EC)	Managing Social Anxiety (EC)
Lesson 5	How Can We Reduce Domestic Abuse (LL)	Unplanned Pregnancy (EC)	Pornography Ethics and Stranglation (EC)	Nitrous Oxide (EC)	Body Image Positivity (EC)	Social Media Validation (EC)
Lesson 6	Divorce, Separation and Loss (EC)	Abortion, Fostering and Adoption (EC)	Deepfakes and Malicious AI (EC)	Gambling Risks (EC)	Tattoos, Piercings and Appearance (EC)	Mental Health Support Networks (EC)
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.
Key Outcome:	Students understand how to recognise and challenge abusive behaviour and know how to seek help to keep themselves and others safe in intimate relationships.	Students understand how to protect their sexual health and access appropriate support and services.	Students understand how to recognise and report sexual harassment and exploitation and challenge harmful sexual norms.	Students understand the risks of substance misuse and know how to make safer choices and access support.	Students understand how to make responsible, informed choices to protect their health and safety as they move towards greater independence and adulthood.	Students understand how to manage ongoing pressure, protect their mental wellbeing and access support when challenges become overwhelming.
Student Friendly Focus:	Understanding what healthy intimate relationships look like, recognising abuse, and knowing how to get help.	Learning how to protect sexual health and access reliable support and services.	Understanding harmful sexual behaviours, challenging unsafe online content, and knowing how to report concerns.	Understanding addiction, reducing risk, and knowing where to get help.	Learning how to make responsible choices and stay safe in real-world and adult situations.	Learning how to manage ongoing pressure, protect wellbeing, and seek support when needed.