Weekly Wellbeing	Term 1				Term 2				Term 3				Term 4				Term 5				Term 6				Y11 Topics
	Y7	Y8	Y9	Y10	Y7	Y8	Y9	Y10	Y7	Y8	Y9	Y10	Y7	Y8	Y9	Y10	Y7	Y8	Y9	Y10	Y7	Y8	Y9	Y10	Mental Health and Wellbeing
Lesson 1	Challenges of secondary school and how to be successful	Understand wellbeing	Gang culture and Child Criminal Exploita-tion	Mental Health and Wellbeing	Maintaining positive and healthy relationships	Oral hygiene Dental care	AI literacy and Deep Fakes	Self-worth and confidence	British Values and protected characteristics	Identity, self worth and confi-dence	Careers options	Budgeting and saving	Bodily changes during puberty	What are E-rides?	Impact of alcohol	Parliament-ary democracy	Healthy diets	Positive behaviours in friendship	The law on consent	Positive and negative role models	Personal safety suncream and water (First Aid – emergency and recovery position)	Online communication grooming and safety	UK Democratic system and Democracy	Extremism and radicalisation	Managing Stress and Exam Pressure
Lesson 2	Positive friendships	Stigma around mental health	Laws around knives and Implica-tions of knife crime	The signs of poor mental health	Healthy and unhealthy relationships	Decay and gum disease	Positive and healthy relation-ships	Online relation-ships and grooming	Honour based abuse	How to manage influences	Employa bility skills	Avoiding and managing debt	Menstruation	Threatening and antisocial behaviour	Impact of nicotine and peer pressure	Electoral systems	Unhealthy food	Healthy partnerships	Intimate relationships	Gang crime	The purpose of education and Aspirations	AI and Deep Fakes	Parliament and the role of the monarch	The Equality Act and Protected Characteristi cs	Consent and Healthy Relation-ships
Lesson 3	Positive mindset	How to monitor wellbeing	Drugs laws and Possession of drugs	Reframing negative thinking	Maintaining friendships Why is trust important	Vaping and oral health	Different families	Porno-graphy and mental health	Equality and Hate crime	Gender identity	Options after Year 11	Online gambling	Keeping clean Physical changes	Money laundering	Women's Health	Human Rights	Vaccinations	The law on consent	Sexual Health	Drug and alcohol safety	Budgeting and Ethical and unethical budgeting	Sharing online and social media	Criminal justice	First Aid – CPR and defibrillators	Artificial Intelligence (AI): Opportun-ities, Risks and Ethics
Lesson 4	Mental Health and support	Coping strategies	What is addiction? Risks of drug addiction	Support and treatment	Consequen-ces of bullying and Seeking support for bullying	Energy drinks and Sugar	Divorce and Managing conflict at home	Consent	AI literacy and deep fakes	Homo-phobia and Biphobia	Universit y finance	Fraud	Nicotine, smoking and caffeine	Understand ing money and budgeting	Men's Health	British Legal System	The importance of sleep	Contracepti on and sexual health	Pregnancy choices	Peer Influence	Witnessing a crime and reporting a concern	Viewing harmful content	Rights as a British citizen	Social Media and Fake News	Online Safety and Grooming
Lesson 5	Our local community, local MPs and council	Body positivity on social media	Misogyny and Incel culture	Mental health in the media	Child criminal exploitation	Drugs and managing influen-ces	Positive family relation-ships	Victim blaming	Online scams and fraud	Trans-phobia	Choices affecting future health	What is toxic culture?	Stress Awareness	Stress Awareness	Stress Aware-ness	Stress Awareness	The importance of exercise	Drugs and alcohol awareness	My future Careers - Post 16 options	Stigma, stereotypes and misinformati on	Responsible road users	How people make a difference in society	Smart spending - budgeting and bank accounts	How to challenge discriminatio n	Drug and Alcohol Safety
Careers Focus	*MP/ Councillors*	*Content Creator*	*Social Media Manager*	*Producer*	*Public Services*	*Doctor*	*Public Services*	*Data Analyst*	*Cyber Security*	*Lawyer*	*Catering*	*Marketing*	*Counsellor*	*Therapist*	*Social Worker*	*Nurse*	*Personal Trainer*	*Scientist*	*HR Manager*	*Public Relations*	*Manufacturing*	*Charity*	*Banker*	*Equality, Diversity & Inclusion Manager*	Peer Influence and Decision Making
Lesson 6	Bonfire Awareness/ First Aid (burns) Student Elections	Bonfire Awareness/ First Aid (burns) Student Elections	Bonfire Awareness/ First Aid (burns) Student Elections	Bonfire Awareness/ First Aid (burns) Student Elections	FGM	Nicotine and influen-ces	Seeking support	Asexuality, abstinence and celibacy	Charities and Giving Back	LGBTQ+ History	LGBTQ+ History	LGBTQ+ History					Impact of computers on health and online safety	Unplanned encounters	Sexism and Gender based violence	Exit strategies and support	GRT History Month	First Aid – Bleeding and Choking	Credit, debt and protecting your money	Responsibiliti es in the workplace	Budgeting, Saving and Debt
Lesson 7					Cultures Day - festive season	Cultures Day - festive season	Cultures Day - festive season	Cultures Day - festive season									What is child on child abuse	My future Careers - Post 16 options	Intimidation and antisocial behaviour	Our role as citizens	Cultures Day - summer celebration	Cultures Day - summer celebration	Cultures Day - summer celebration	Cultures Day - summer celebration	Equality, Diversity and Protected Characterist ics
Lesson 8																	Autism awareness	Autism awareness	Autism awareness	Autism awareness					Extremism, Radicalisati on and Fake News