

| | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 | LVI | UVI |
|-------------|---|--|--|--|---|--|---|
| Au 1 | Introduction to Secondary School; Friendship; Skincare Looking after your Wellbeing; First Aid | Alcohol and Drugs; Friendship; Skincare; Resilience | Careers; Families; Healthy Relationships | Mental Health; Careers; Female health; Social media; Study Skills | Online Responsibility; Preparing a CV; Current Work & Volunteer Opportunities; Healthy Relationships; Sleep | Healthy Lifestyle; Mental Wellbeing; Study Skills; Sleep; Professionalism; Social Media | Drugs & Alcohol; Physical Wellbeing; Health Self-Checking; Managing Deadlines |
| Au 2 | Introduction to Careers; Identity and Self; Nutrition; Study Skills Online Safety | Rewarding Careers; Bullying; Online Safety | Preparing for the Future; Managing money; GCSE options; First Aid; Developing Learning Skills | Careers; Money; Gambling | Preparing for the Future; A Level Options; Exam skills; Careers | University Preparation; Work-Life Balance; Nutrition | Preparation for University; Safety when Travelling; Careers; Contraception; Nutrition |
| Sp 1 | Self-esteem; Bullying; Social Media; Safety; Identity and Community; Tests and Anxiety | Equality; Discrimination; Relationships & Sex; Study Skills; Nutrition | Self-esteem; Relationships; Nutrition; Disability Awareness; Skincare | Safety in Relationships; Sleep; Pregnancy and Contraception, Online relationships; Disability Awareness | Healthy Adult Relationships; Sexual Health | Healthy Romantic Relationships; Diversity & Inclusion; Drugs and Alcohol; Extremism and Radicalisation; Online Safety | Sexual Health: Fertility & Pregnancy; Body Confidence; First Aid; Careers; Study skills; Equality |
| Sp 2 | Careers; Sleep; Families; Neurodiversity | Mental Wellbeing; Stress: Positive Coping Strategies; Neurodiversity; Self-esteem and body image | Healthy Lifestyles; Sexting; Body respect; Sexual Health; Study Skills | Substance Use; Careers; Mental Health | Careers; Health & Body Image; Nutrition; First Aid; Festivals and New Substances | University; Leadership; Finances; Modern, Diverse World of Work | Financial Responsibility; Consent |
| Su 1 | Puberty; Online Content; Consent; Politics | Self Identity; Romantic relationships Consent; Online grooming; Vaping; Peer Pressure | Drugs; Addiction; Gangs | Extremism; Gangs | | Relationships; Physical Health; Exam Preparation | University preparations; Future finances |
| Su 2 | Discrimination; End of Year Reflections | Self-love; Socia Media; Cyberbullying; End of Year Reflections | Consent; Equality; Charity; End of Year Reflections | Health awareness; Illegal Online Behaviour; End of Year Reflections | | Staying Safe as an Adult; Basic Cooking skills; Nutrition | |