

	HT1	HT2	HT3	HT4	HT5	HT6
7		Health and wellbeing Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Community British values and protected characteristics	Relationships Diversity Diversity, prejudice, and bullying	Health and wellbeing Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Relationships Building relationships Self-worth, romance and friendships (including online) and relationship boundaries
8	Community British values and protected characteristics	Health and wellbeing Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Relationships Discrimination Discrimination in all its forms, including racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Health and wellbeing Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Living in the wider world Community and careers Equality of opportunity, work-based discrimination, types of work, aspirational goals and how to challenge expectations	Relationships Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception
9	Community British values and protected characteristics	Health and wellbeing Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Relationships Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Living in the wider world Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Health and wellbeing Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Relationships Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography
10	Community British values and protected characteristics	Health and wellbeing Personal safety and mental wellbeing Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Living in the wider world Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Relationships Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Health and wellbeing Exploring influence The influence and impact of drugs, gangs, role models and the media	Relationships Addressing extremism and radicalisation Communities, belonging and challenging extremism
11	Community British values and protected characteristics	Health and wellbeing Building for the future Self-efficacy, stress management, and future opportunities	Living in the wider world Next steps Application processes, and skills for further education, employment and career progression	Relationships Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Health and wellbeing Independence Emergency and non-emergency situations, vaccinations and immunisations	