

Year	1.1 Michaelmas (7 weeks) 2024-25	1.2 Michaelmas (7weeks)	2.1 Lent (6 weeks) Physical Health and Wellbeing	2.2 Lent (6 weeks) Careers	3.1 Trinity (6 weeks)	3.2 Trinity (6 weeks)
Year 7	Being an Ambrosian: 1. Being an Ambrosian lesson 2. Forming friendships 3. Child-on-child abuse/Banter	Ten Ten: 1. Changing bodies 2. Healthy inside and out 3. Where we come from 4. Family and friends	Healthy eating 1. How to make healthy choices (diet and exercise) 2. Dental hygiene (tooth decay and links to poor health, flossing, dental check-ups) 3. First Aid	1. Introduction to careers 2. What's your dream career? 3. What does success mean to you?	British Values 1. What are British values and why are they important? 2. Tolerance, respect and the law (Equality Act 2010/Protected Characteristics) 3. Extremism and radicalisation	Autonomy and advocacy 1. Rights in the community 2. Body image and self-esteem 3. FGM and forced marriage
Year 8	Bullying and self awareness: 1. Online bullying- law and consequences 2. Behind the bully 3. Different types of bullying 4. Self-awareness	Ten Ten: Sexual exploitation 1. Appreciating differences 2. Feelings 3. Before I was born 4. Tough relationships 5. Think before you share 6. Wider world	Physical health and fitness 1. What are the benefits of exercise? 2. Building a fitness plan 3. First Aid	1. Career skills 2. Team work 3. What makes a great leader?	Internet safety and harms 1. The dangers of oversharing 2. How to spot fake news 3. Critical thinking	Equality for All 1. Issues in equality (ableism and neurodivergence) 2. Combating stereotypes 3. Why diversity is important (multiculturalism etc)
Year 9	Equality 1. What is equality? 2. The Equality Act 3. Sexism and diversity 4. Homophobia	Ten Ten: 1. Love people, use things 2. In control of my choices 3. Fertility and contraception 4. Marriage 5. Knowing my rights and responsibilities	Internet Safety and Harms 1. What are the dangers present online? 2. Online image (unrealistic body image, curation of life online) 3. Online gambling and addiction	1. Skills and enterprise task 2. Saving and borrowing 3. Financial choices and debt	Tobacco and Vaping 1. Dangers of smoking and vaping 2. Blood, organ, stem-cell donation 3. Protein shakes/steroid abuse	Relationships 1. What are the different types of relationships and their legal status? 2. Successful and respectful relationships 3. Forced marriage
Year 10	Staying Safe 1. What is county lines? 2. Criminal exploitation 3. Knife Crime 4. What does it mean to be street wise?	Ten Ten: 1. Self-image 2. Beliefs, values and attitudes 3. Parenthood 4. Pregnancy and abortion 5. Abuse	Addiction, drugs and alcohol 1. What is addiction and why does it happen? 2. Alcoholism/binge drinking 3. Casual drug use and peer pressure	1. Speaking skills 2. CV and cover letters 3. Aiming high/getting motivation	Being safe 1. What is sexual exploitation and harassment? 2. Rape and domestic abuse 3. Honour based violence and FGM	Intimate and sexual relationships 1. Self-screening for health 2. Consent 3. Body image
Year 11	Growth mindsets 1. What does it mean to self-reflect? 2. Setting targets for the year 3. Managing stress and anxiety 4. Independence	Ten Ten: 1. Addiction 2. Eating disorders 3. Birth control 4. Pornography 5. STI's	Exam and revision skills 1. What are study skills? 2. Revision techniques 3. Sticking to a timetable	Careers and apprenticeships 1. What is the difference between a degree and an apprenticeship? 2. Understanding a pay slip 3. Budgeting		

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Year 12	<p>Misogyny</p> <ol style="list-style-type: none"> 1. What does it mean to be masculine? 2. Incel culture 3. Sexual harassment and domestic abuse 	<p>Social media</p> <ol style="list-style-type: none"> 1. Building a reputation online 2. Sextortion 3. Social media and the law 	<p>Body image</p> <ol style="list-style-type: none"> 1. What are eating disorders? 2. Body image and social media 3. How to build self-esteem 	<ol style="list-style-type: none"> 1. Post-18 choices 2. Degree apprenticeships 3. Finding a suitable career 	<p>Emotional wellbeing</p> <ol style="list-style-type: none"> 1. Dealing with grief 2. Managing relationships 3. Emotional literacy 	<p>Responding to violence</p> <ol style="list-style-type: none"> 1. One punch kills 2. How to tackle peer pressure 3. Documentary/support available
Year 13	<p>Staying safe at university</p> <ol style="list-style-type: none"> 1. Making balanced decisions 2. Binge drinking 3. Substance abuse 4. The dangers of steroids 	<p>Staying safe at university 2</p> <ol style="list-style-type: none"> 1. Sexual health 2. How to build successful relationships 3. Seeking support 	<p>Post- St Ambrose</p> <ol style="list-style-type: none"> 1. Goal setting and managing stress 2. The basics of interviews 3. Building a CV 	<ol style="list-style-type: none"> 1. Managing stress 2. The basics of interviews 3. Building a CV 		