



NESTON HIGH SCHOOL

	Half Term 1 Life Beyond School	Half Term 2 Health and Wellbeing	Half Term 3 Relationships and Sex Education	Half Term 4 Staying Safe Online and Offline	Half Term 5 Celebrating Diversity and Equality	Half Term 6 Rights, Responsibilities and British Values
Year 7	Managing Change: Getting to know people, Sleep and relaxation, Points of change.	Puberty and body development: Introduction to Puberty; Personal hygiene; Self-esteem; Tooth decay and dental health.	Friends, Respect and Relationships: Consent and boundaries; Respect and relationships; What makes a good friend; Friendships and online relationships.	Safety: Staying safe online; Online gaming, grooming and addiction; E-cigarettes and vaping; Energy drinks and caffeine.	Celebrating Differences: Importance of being kind; Breaking down stereotypes; Prejudice and discrimination.	Politics and Parliament: The role of the Prime Minister; Elections and campaigning.
Year 8	Proud to be me: Self-love, careers and aspirations, self-esteem and the media.	Physical Health and Mental Wellbeing: What is mental health; Positive body image; Types of bullying; Stress management.	Identity and Relationships: Being yourself; What is love; Dealing with conflict; Body image.	Dangers: County lines – what is it; Cyberbullying; Online grooming.	Equality and Diversity Explored: Gender equality; Racism and discrimination in society.	Law, Crime and Society: Desert island living making decisions, criminal law and society.
Year 9	Essential Life Skills: Saving and managing money; Finance, budgeting and employment; social media and online stress.	Body Confidence: How self-esteem changes; Bullying in all its forms; Media and airbrushing; Cancer prevention and healthy lifestyles.	Sex, the Law and Consent: Sexual consent and the law including FGM; Relationships and partners; Delaying sexual activity.	Legal and Illegal Drugs: Different types of addictions; Cannabis products; Drug classifications.	Contraception and STIs: What are STIs; Contraception explored.	Combatting Extremism and Terrorism: Conspiracy theories and narratives; Forms of extremism; The radicalisation process.
Year 10	Rights and responsibilities: Instagram and TikTok generation; Targeted advertising and your data; Rights and responsibilities.	Mental Health and Wellbeing: Screen time; Self-harm; Promoting emotional wellbeing; Cancer screening.	Exploring Relationships and Sex Education: Sexting and Nudes; Online Pornography (myths vs reality); Porn and its impact on society. Unhealthy relationships.	Violence, Crimes and Seeking Safety: Online gaming and gambling; Social media validation; Causes of knife crime.	Exploring World Issues: Peace, war and conflict; Aid and supporting other countries.	Exploring British Values: Critical thinking and fake news; Hate crime in the UK; British values and identity.
Year 11	Your Future and Beyond: Screen addiction and studying; Exam stress and anxiety; Social media vs real life.	Adult Health and Looking After Yourself: Teenage pregnancy choices; Parenthood for teenagers; Cancer screening; Love and abuse.	Sexual Health: Alcohol, parties and bad choices; Importance of sexual health; Revisiting STIs and contraception; Respect, love and relationships.	Staying Safe: New psychoactive substances; Festivals and nitrous oxide; Substance addiction.	Preparing for Exams	Summer Exam Season
Year 12	Work, Careers and Pathway Choices: Careers in a global economy; Preparation for the workplace; Being ambitious with my life goals.	Healthy Lifestyles and Mental Health: A healthy diet on a budget; Supporting others; Vaccines and immunisations; Maintaining positive mental health.	Relationships, Values and Consent: Types of relationships; Relationship values; Consent, sexual norms and expectations; Consent around the world.	Risk, Personal Safety and Drugs Getting home safely; alcohol and being assertive; decision s, drinks spiking and drink drivers; Gambling.	Media Literacy and Digital Resilience Online reputation; Critical media	UCAS
Year 13	Employment and Responsibilities: Employment rules; The gig economy; What is professional conduct.	Sexual Health and Self-Concept: Body image and pressure to conform; Appearance vs reality; Importance of sexual health; Body modifications.	Contraception and Parenthood: Unintended pregnancies; Fertility and what impacts it; Consent and boundaries; Revisiting contraception.	Forming Respectful Relationships Online dating and personal safety; Avoiding toxic friendships; Power differences in relationships.	Preparing for Exams	Summer Exam Season