



	Topics	In these sessions pupils will learn....	Lesson titles	Assessment
Autumn 1	Introduction and Religious understanding Personal strengths and weaknesses Making and maintaining friendships Future Education	<ul style="list-style-type: none"> How to maintain friendships. How to recognise, express and manage emotions. Skills to reflect on their strengths and weaknesses. 	L1- 10:10-Who am I? L2-Goal setting at Holy Cross L3-What makes a good friend? L4- Introduction to careers at Holy Cross. L5- Introduction to job markets	Personal baseline assessment. Pupil feedback of session (Satchel One)
Autumn 2	Me, myself and I Puberty and managing change (mental) Body confidence Regulating emotions Promoting self-care	<ul style="list-style-type: none"> About the impact of puberty on the emotional wellbeing and ways to manage this. How to manage mental health and emotions. About different types of Careers in the health service. 	L1-10:10 -Changing bodies L2-Attitudes towards Mental Health. L3-Promoting Emotional Well-being. L4- Careers-Health L5- Review of topics	Personal baseline assessment. Pupil feedback of session (Satchel One) Mid-Year Review
Spring 1	Looking after yourself Exercise Puberty and managing change (physical) Regulating emotions Promoting self-esteem Drugs, alcohol, and tobacco First Aid	<ul style="list-style-type: none"> Ways to develop self-confidence and feelings of self-worth. How to identify core values and beliefs How to make healthy informed decisions on diet, exercise, and sleep. 	L1-10:10- Healthy inside and out L2-Keeping clean L3- Puberty and advice L4-Basic first Aid L5- Good habits	Personal baseline assessment. Pupil feedback of session (Satchel One)
Spring 2	Relationships Fertility and menstrual cycle Different types of relationships Managing emotional changes	<ul style="list-style-type: none"> How to regulate emotions. How to show respect for – or respectfully challenge when necessary – the values, beliefs and opinions of others. The features of a healthy intimate relationships. 	L1-10:10- Where we come from L2-Self Esteem L3-Changing relationships (inc. LGBTQ+) L4-10:10- Family and Friends L5- Review of topics	Personal baseline assessment. Pupil feedback of session (Satchel One) Mid-Year Review
Summer 1	Our life online Online activities To communicate safely online. Self-awareness	<ul style="list-style-type: none"> Ways to manage and control emotions. Personal safety online How to assertively communicate and negotiate boundaries with friends and in other relationships. 	L1-Staying safe L2-Consequences of online activity L3-Personal safety L4- 10:10 My Life on Screen L5-Careers of the future	Personal baseline assessment. Pupil feedback of session (Satchel One)
Summer 2	Finance and Enterprise Future choices Post 16 life Effective financial management	<ul style="list-style-type: none"> How to make informed choices about adult life. Strategies to deal with money and finances. To be aware of debt gambling, and other online scams. 	L1-Speaker from the bank L2-Bank accounts L3- Attitudes to money L4- 10:10-Living responsibly L5-Future plans	Personal baseline assessment. Pupil feedback of session (Satchel One) Reflection of the year



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Autumn 1	<p>Mental Health and Wellbeing</p> <p>Self-image and core values. Regulating emotions Maintaining positive mental health.</p>	<ul style="list-style-type: none"> About the link between physical and mental health How to manage emotions. To look at how far gender shapes identity. 	<p>L1-10:10-Created and chosen</p> <p>L2-What is mental health?</p> <p>L3- SUMO</p> <p>L4- 10:10-Appreciating differences.</p> <p>L5- Protected characteristics</p>	<p>Personal baseline assessment.</p> <p>Pupil feedback of session (Satchel One)</p>
Autumn 2	<p>Keeping safe</p> <p>Alcohol and drugs Peer influence Managing emotions</p>	<ul style="list-style-type: none"> How to assertively communicate boundaries in a relationship. How to make informed and positive choices relating to alcohol, drugs and nicotine. The laws relating to substances. 	<p>L1-What is alcohol?</p> <p>L2- Health implications- inc. vaping</p> <p>L3- Risk taking</p> <p>L4-Rob Connor-Crossing the Line (Police input)</p> <p>L5- County lines/ Review</p>	<p>Personal baseline assessment.</p> <p>Pupil feedback of session (Satchel One)</p> <p>Mid-year review.</p>
Spring 1	<p>Identity</p> <p>Managing conflict and emotions. Body satisfaction and self-concept. Post 16 life/Enterprise</p>	<ul style="list-style-type: none"> Ways to develop self-confidence and feelings of self-worth. Skills and strategies to manage conflict. To explore choices, post 16. 	<p>L1—Body image</p> <p>L2-10:10-Feelings</p> <p>L3-Bullying</p> <p>L4- Careers/Enterprise</p> <p>L5- Careers/Enterprise</p>	<p>Personal baseline assessment.</p> <p>Pupil feedback of session (Satchel One)</p>
Spring 2	<p>Relationships</p> <p>Healthy relationships Consent Regulating emotions</p>	<ul style="list-style-type: none"> Skill and strategies to manage pressure in relationships. About stable committed relationships. About fertility and life in the womb. 	<p>L1-10:10-Before I was born</p> <p>L2- Consent and pressure</p> <p>L3-Different types of relationships-marriage.</p> <p>L4- 10:10- Tough Relationships</p> <p>L5- Review</p>	<p>Personal baseline assessment.</p> <p>Pupil feedback of session (Satchel One)</p> <p>Mid-year review.</p>
Summer 1	<p>Finance and Enterprise</p> <p>Post 16 life Effective financial management Risk taking behaviours</p>	<ul style="list-style-type: none"> How to work with others for a common goal. How to make positive choices relating to finances. About risk taking behaviours such as gambling. 	<p>L1-Bank accounts</p> <p>L2- Balancing a budget</p> <p>L3-Attitude to money (inc. Gambling)</p> <p>L4 Planning a party</p> <p>L5- Planning a party</p>	<p>Personal baseline assessment.</p> <p>Pupil feedback of session (Satchel One)</p> <p>Group activity</p>
Summer 2	<p>Online safety (+water)</p> <p>Developing risk management skills. Managing online presence. Developing communication skills</p>	<ul style="list-style-type: none"> How to safely manage personal information online including sexting. Skills to manage conflict and pressure. How to assess the reliability of the media sources and critique social media content. 	<p>L1-10:10-Think before you share</p> <p>L2- Fake news</p> <p>L3- Screen time</p> <p>L4- Radicalisation (online)</p> <p>L5- Water safety (Fire Brigade)</p>	<p>Personal baseline assessment.</p> <p>Pupil feedback of session (Satchel One)</p> <p>End of year reflection.</p>



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Autumn 1	<p>Mental Health and Wellbeing</p> <p>Developing resilience and self-confidence. Healthy coping strategies Emotional resilience</p>	<ul style="list-style-type: none"> Change and loss in families. About maintaining mental health and emotional wellbeing including healthy coping strategies. How to manage difficulties and challenges. 	<p>L1 –10:10 Search for Love</p> <p>L2 –Grief and Loss</p> <p>L3-How self-esteem changes.</p> <p>L4 10:10- Love people, use things.</p> <p>L5-Stress management</p>	<p>Personal baseline assessment.</p> <p>Pupil feedback of session (Satchel One)</p>
Autumn 2	<p>Substance Awareness</p> <p>Drugs and alcohol Communication and peer pressure Consent</p>	<ul style="list-style-type: none"> To understand the impact that alcohol, tobacco and nicotine can have on physical and mental health. Exit strategies in dangerous situations and where to seek support. The law surrounding drugs and substances. 	<p>L1 –What do you know</p> <p>L2- Drugs- School and the law</p> <p>L3 –County lines.</p> <p>L4- Being assertive</p> <p>L5- Review of topics</p>	<p>Personal baseline assessment.</p> <p>Pupil feedback of session (Satchel One)</p> <p>Mid-year review</p>
Spring 1	<p>Looking forward (link to Options process)</p> <p>Developing decision making, risk management and support seeking skills. Post 16 options Developing communication skills</p>	<ul style="list-style-type: none"> How to make informed decisions about jobs and post 16 courses. About emerging jobs in the future and availability. Developing communication and interpersonal skills. 	<p>L1-Job market- link to Lancashire</p> <p>L2-Post 16 options.</p> <p>L3-Challenging stereotypes-STEM</p> <p>L4- Enterprise activity/Speaker</p> <p>L5-Enterprise activity/speaker</p>	<p>Personal baseline assessment.</p> <p>Pupil feedback of session (Satchel One)</p>
Spring 2	<p>Health</p> <p>Healthy, relationships. Consent. Contraception</p>	<ul style="list-style-type: none"> How to manage safety online including where to seek support. Skill and strategies to manage pressure in relationships. Contraception. The importance of equality and diversity 	<p>L1- 10-10-In control of my choices</p> <p>L2- Cancer prevention.</p> <p>L3-Understanding STIs.</p> <p>L4-10:10- Fertility and contraception</p> <p>L5-Review</p>	<p>Personal baseline assessment.</p> <p>Pupil feedback of session (Satchel one)</p> <p>Mid-year review</p>
Summer 1	<p>Abuse</p> <p>Healthy relationships. Different types of relationships. Support seeking skills</p>	<ul style="list-style-type: none"> Information about different careers and choices. The features of a healthy and committed relationship. The importance of family. How to manage requests to share intimate images including when and where to report concerns. 	<p>L1-10:10-Marriage</p> <p>L2- Consent and law.</p> <p>L3- FGM inc. How to report.</p> <p>L4- Captured (police input)</p> <p>L5-10:10 Cinema- Love, honour, cherish.</p>	<p>Personal baseline assessment.</p> <p>Pupil feedback of session (Satchel One)</p>
Summer 2	<p>Relationships</p> <p>Consent Assertive communication About sexual orientation, gender identity and diversity.</p>	<ul style="list-style-type: none"> Strategies to assess readiness for intimacy. How to assertively communicate and negotiate boundaries in a relationship. Sexual orientation, gender, identity and dealing with homophobic bullying. 	<p>L1-10:10-One hundred percent</p> <p>L2- Protected characteristics (School of Sex Ed)</p> <p>L3- Sexuality.</p> <p>L4-Healthy lifestyles week.</p> <p>L5- End of year review.</p>	<p>Personal baseline assessment.</p> <p>Pupil feedback of session (Satchel One)</p> <p>Reflection of the year</p>



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Autumn 1	Mental Health and Wellbeing Self-image and core values. Regulating emotions Maintaining positive mental health.	<ul style="list-style-type: none"> Recognising core beliefs and values To build resilience for wellbeing. About maintaining mental health and emotional wellbeing including healthy coping strategies 	L1-10:10-Beliefs, Values and attitudes. L2-Common types of mental health. L3- Promoting emotional well-being. L4-Screen time L5-10:10-Authentic Freedom	Personal baseline assessment. Pupil feedback of session (Satchel One)
Autumn 2	Your choice Risk management and strategies to manage influence. Online safety Managing conflict	<ul style="list-style-type: none"> Making informed and positive choices when it comes to conflict. Exit strategies in risky or dangerous situations and how to access support. About the consequences of unplanned pregnancy and how to access support. 	L1- What kind of adult L2- Gang culture-(visit) L3- 10-10 Pregnancy and abortion L4- Sophie Lancaster visit L5-Sophie Lancaster visit	Personal baseline assessment. Pupil feedback of session (Satchel One) Q and A sessions with visitors
Spring 1	Careers and finance Post 16 life Developing decision making skills. Looking after your money.	<ul style="list-style-type: none"> About saving, borrowing and how to manage money. How to make positive and informed choices relating to jobs. How to choose and access support for life after school. 	L1- Where are you now? L2-Money management inc. gambling. L3-Savings. L4- How to ace an interview L5- Review	Personal baseline assessment. Pupil feedback of session (Satchel One)
Spring 2	Exam preparation Time management Developing resilience and self-confidence, including healthy coping strategies. The importance of preparation and revision.	<ul style="list-style-type: none"> Rights of the child. About the importance of family. Strategies to assess the readiness for intimacy and the consequences of this. 	L1-Managing time L2- Exam survival L3-Revision techniques L4- 10:10- Self-image. L5- Revision timetable.	Personal baseline assessment. Pupil feedback of session (Satchel One) Internal mock results.
Summer 1	Warnings Managing safety-incl. Online Consent Healthy relationships	<ul style="list-style-type: none"> About the importance of consent Developing communication skills, clarifying personal values within relationships. How to manage requests to share intimate images, including where to seek support. 	L1-10:10-Parenthood L2- DV and Violence L3-10:10-Abuse. L4- Zara documentary- Revenge porn L5- Zara follow up	Personal baseline assessment. Pupil feedback of session (Satchel One)
Summer 2	Conclusion Healthy relationships Post 16 life	<ul style="list-style-type: none"> Developing communication skills for post 16 life. To build resilience for wellbeing. About maintaining mental health and emotional wellbeing including healthy coping strategies. How to make informed decisions about sexual health and access reliable support and advice. 	L1-10-10-Solidarity L2- Review of year. L3- Year 10 exams L4- Year 10 exams L5- Year 10 exams	Personal baseline assessment. Pupil feedback of session (Satchel One) Reflection of the year

(CPR taught in class groups during Review lessons)

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Autumn 1	Health Developing resilience and self-confidence. Drugs and alcohol Sexual health	<ul style="list-style-type: none"> About maintaining mental health and emotional wellbeing including healthy coping strategies. About stable committed relationships. About health prevention measures such as immunisations, cancer awareness and the importance of self-examination. 	L1-10:10-eating disorders L2- Breast and testicular health L3- Cosmetic surgery L4-10:10-STIs L5- Drugs and alcohol	Personal baseline assessment. Pupil feedback of session (Satchel One)
Autumn 2	Exams and Careers Post 16 life Developing communication skills.	<ul style="list-style-type: none"> Developing communication skills for post 16 life. To revisit revision skills. To build resilience for wellbeing during times of stress. 	L1- CV writing L2- Personal branding- online. L3-Revision skills L4- Resilience during exams. L5-Mock preparation- revision timetable	Personal baseline assessment. Pupil feedback of session (Satchel One)
Spring 1	Respectful Relationships Consent Healthy relationships Contraception	<ul style="list-style-type: none"> To recognise warning signs of unhealthy relationships. To make informed decisions about birth control and fertility. About the importance of consent. 	L1-10:10 Birth Control L2- Sexual harassment in the workplace L3-10:10 Coercive control. L4-Pornography L5- Tackling misogyny	Personal baseline assessment. Pupil feedback of session (Satchel One)
Spring 2	Staying safe Alcohol and drugs Online safety Developing resilience and self-confidence	<ul style="list-style-type: none"> To manage safety inc. Online. How to manage the choices that post 16 life brings. To understand the impact that substance use can have on physical and mental health. 	L1- 10:10-Self Worth L2- Wasted lives (Road safety) L3- Radicalisation L4: 10:10-Addiction L5- Festival drugs	Personal baseline assessment. Pupil feedback of session (Satchel One) End of curriculum review-including future lessons.
Summer 1	Exams period - Year 11 in lessons			