

Term	Topics	In these sessions pupils will learn....	Lesson titles	Assessment
Autumn	Self-image and core values Regulating emotions Maintaining positive mental health Alcohol and drugs Peer influence	<ul style="list-style-type: none"> To know what makes them scientifically unique To understand that our deepest need is to love and be loved What the brain tells us when faced with a circumstance That we are in control of our emotions and ways to help us Where to seek guidance when faced with challenging circumstances To explain what alcohol is, how it affects the brain and body, and recognize short-term and long-term health impacts To understand the legal drinking age in the UK, why these laws exist, and explore social attitudes and pressures related to alcohol To identify potential risks of alcohol misuse (eg accidents, addiction) and learn practical strategies for resisting peer pressure and staying safe 	<p>10:10-Created and chosen</p> <p>SUMO</p> <p>What is alcohol?</p>	<p>Personal baseline assessment</p> <p>Pupil feedback of session</p>
Spring	Managing emotions Self Esteem Pregnancy care Protected characteristics	<ul style="list-style-type: none"> To define body image and explain how personal perceptions of appearance can influence self-esteem and mental health Identifying factors that shape body image, such as media, social media, cultural expectations, and peer pressure Practical ways to promote a healthy and positive body image, including self-care, challenging unrealistic standards, and supporting others To know what happens during the different stages of pregnancy To understand the importance of pre-natal care To explore the emotional, real-life impact of pregnancies carried to full term and otherwise To understand the relationship between sex, gender and identity To be encouraged to value the dignity of each person, whatever their differences 	<p>Body Image</p> <p>10:10 Before I was Born</p> <p>10:10 Appreciating differences</p>	<p>Personal baseline assessment</p> <p>Pupil feedback of session</p>
Summer	Managing conflict and emotions Online activity Effective financial management	<ul style="list-style-type: none"> To define risk-taking behaviour and identify examples of positive and negative risks in everyday life The potential short-term and long-term impacts of risky behaviours on health, safety, and relationships To develop practical strategies to assess risks, resist peer pressure, and make responsible decisions in challenging situations To know the consequences of sharing images of a sexual nature To explore how to resist pressure to do this To understand the importance of setting rules to keep themselves safe online Definition of consent, explain that it must be freely given, informed, and reversible, and recognize that consent applies to all types of interactions To identify examples of peer pressure, social pressure, and emotional pressure, and understand how these can influence decision-making Set personal boundaries and know where to go for support if they feel pressured To explain what a budget is, why it is important, and how it helps manage money effectively when planning an event To calculate costs for different elements of a party and ensure total expenses stay within a set budget To work in a team to plan an event 	<p>Risk Taking</p> <p>10:10 Think Before you share</p> <p>Consent and pressure</p> <p>Planning a party</p>	<p>Personal baseline assessment</p> <p>Pupil feedback of session</p>