

Term	Topics	In these sessions pupils will learn....	Lesson titles	Assessment
Autumn	Developing resilience and self-confidence	<ul style="list-style-type: none"> To reflect on the deep human desire to love and be loved 	10:10 Search For Love	Personal baseline assessment
	Sexual relationships	<ul style="list-style-type: none"> To explore the concept of romantic love To understand a Catholic perspective in which sex is oriented 		Pupil feedback of session
	Physical health	<ul style="list-style-type: none"> Understand the concept of Grief and Loss. Recognise emotional and physical responses Identify healthy coping mechanisms and support systems 	Grief and Loss	
		<ul style="list-style-type: none"> Definitions of the term drug and the different forms it can take Evaluate the legal classifications of drugs Understand schools' response to drugs, including where to seek support 	Drugs- school and the law	
Spring		<ul style="list-style-type: none"> To identify the main options available after Year 11, including A-levels, T-levels, vocational courses, apprenticeships, and employment with training. · The typical entry requirements for different pathways. · How to evaluate personal interests, career aspirations, and learning styles when deciding post-16 options 	Post-16 options	
	Human Rights	<ul style="list-style-type: none"> Build awareness and factual understanding of FGM 	Harmful Relationships - FGM	Personal baseline assessment
	Communication and peer pressure	<ul style="list-style-type: none"> Explore health consequences of FGM Where to seek support if they or someone they know is at risk 		Pupil feedback of session
	Consent	<ul style="list-style-type: none"> About personal boundaries Key elements to giving consent How to effectively communicate in an assertive way 	Being assertive	Mid-Year review
Summer		<ul style="list-style-type: none"> To consider commitment, what it involves and why it matters To understand different forms of commitment, including marriage To know the Catholic teaching on marriage and consider their thoughts 	10:10 Commitment and marriage	
	Developing decision making, risk management, and support seeking skills	<ul style="list-style-type: none"> Define sexual consent, explain why it must be freely given, informed, and reversible, and recognize that consent applies to all types of relationships Practical ways to communicate consent, respect others' boundaries, and identify situations where consent cannot be given Will understand the age of consent in the UK, the laws protecting individuals from sexual exploitation 	Consent and the Law	Personal baseline assessment
	Post 16 options	<ul style="list-style-type: none"> Definitions of key terms relating to sexuality Understand how protected characteristics relate to preventing discrimination Respecting different characteristics is essential for equality 	Sexuality	Pupil feedback of session
	Developing communication skills	<ul style="list-style-type: none"> To explain what deepfakes are and common examples 	AI-deep fakes and ai risks	