

Lesson	A Week	Date	Year 7 CME	Year 8 Sophie Hill	Year 9 OHD
1	1	07-Sep	Lesson 1: Antibullying - "Hope" production 50 minutes online (booked & available for the month of September)	Lesson 1: 10:10 Wider World (yr8 session 7) Equality and discrimination	Lesson 1: LGBTQ+- Challenging Prejudice
2	3	21-Sep	Lesson 2: 'Deadly Distraction' play by The Riot Act External theatre company	Lesson 2: Tough Relationships (Ten Ten Session 5)	Lesson 2: Marriage (Ten Ten Session 5)
3	5	05-Oct	Lesson 3: 10:10 Healthy inside and out. What contributes to self-esteem, and how high or low levels of self-esteem can affect confidence and decision making. Anxieties and worries. Stress; Dealing with change	Lesson 3: LGBTQ+ 10:10 Appreciating difference Identity is in God. Gender stereotypes, gender dysphoria and transgenderism. Equality is championed and difference celebrated. Students will learn that bullying and exclusion is wrong, because every person is a child of God.	Lesson 3: 10:10 Fertility and contraception. Methods of managing contraception for the purposes of achieving or avoiding pregnancy and the difference between natural and artificial methods. The Church's teaching on contraception and the value of life.
4	7	19-Oct	Lesson 4: 10:10 Who am I? (yr7 session 1) Everyone is a unique person, and that, body and soul, are created and loved by God.	Lesson 4: Health and Wellbeing Survey. Home and family Relationships, Emotional health and well-being, Tobacco, Alcohol, Drugs Healthy Eating Physical activity	Lesson 4: 10:10 the search for love God's plan for romantic love. Sexual attraction and intimacy
5	9	09-Nov	6th Form Open Evening		
6	11	23-Nov	Lesson 5: 10:10 Family & Friends and Cinema in Education (yr7 session 5) The different types of friendship and family structure. Followed by a story about friendship, new beginnings, bullying, aspiration, and the impact of social media on relationships.	Lesson 5: 10:10 Before I Was Born (yr8 session 4) What happens during the different stages of pregnancy and the importance of pre-natal care. Learning about the miraculous journey from conception to birth.	Lesson 5: Healthy Choices Food choices, physical activity and balanced lifestyles. Different influences on someone's diet and exercise choices. Barriers that can affect a person's health and wellbeing.

7	13	07-Dec	Lesson 6: Key facts about the menstrual cycle. Yr 13 performance 2.45 start	Lesson 6: Anxieties and Worries Exploring ways to promote emotional wellbeing, how to reframe anxieties and worries and to build resilience. Healthy ways to manage difficult feelings and challenging circumstances.	Lesson 6: 10:10 session 6b 100 percent. Sexting, cohesion. Followed by Gang influence, Prevent training, FGM, Rape
15	21-Dec	Christmas Holidays			
8	17	18-Jan	Lesson 8: Open Road Workshop. Exploring attitudes. 7A, 7C and 7F Explore why young people might use drugs. Link between mental health and substance misuse. The Behaviour wheel 10:10 Living Responsibly. Social responsibility and respect for self and others. It should inspire young people to be responsible and play a positive part in their communities.	Lesson 8: 10:10 Think before you share The social, personal and legal consequences of sharing images of a sexual nature. Digital footprint, pornography and online exploitation, leading to the understanding that sharing anything that reduces people to objects dishonours their God-given dignity.	Lesson 8: The Options Process. Talk delivered by MMA 30 minutes. Followed by classroom visits and activities.
		Lesson 9: Finance 7H, 7M and 7R			
9	19	01-Feb	Lesson 9: Finance 7A, 7C and 7F Knowing your money personality, financial habits, wants vs needs, the cost of borrowing, Understanding taxes, national insurance and other deductions. Balancing budgets and consumer rights.	Lesson 9: First Aid session. Non-verbal and verbal communication, body language	Lesson 9: Careers/University work related skills. GCSE options, decision making, Goal setting for future. Employability, Interviews
		Lesson 8: Open Road Workshop. Exploring attitudes. 7H, 7M and 7R			
Form time activity	06-12/02/2023	Children's Mental Health Week			
Half Term					

10	21	22-Feb	Lesson 12: First Aid Using 6th formers, first aiders and anyone with relevant training and knowledge	Lesson 10: 10:10 Feelings explores God's gift of sexual attraction. To love and be loved is met through sexual union which is faithful and open to the precious gift of life.	Lesson 10: Open Road Workshop Mental Health & Substance Abuse - Peer Pressure and Assertiveness focusing on self-esteem, personality traits and coping with stressful situations 9A, 9C, 9F
					Lesson 11: 9H, 9M, 9R International womens day. Peer influence, Healthy and unhealthy friendships.
11	23	08-Mar	Lesson 11: International womens day. Link to suffragettes specifically Rosa May Billinghurst. Aspirations for the future, personal strengths and weaknesses which could support resilience, working as a team, communication, career vs job, fulfilment from work and career choices in the future.	Lesson 11: International womens day. Period products and their impact on the environment. Period Inequality, Cost of menstrual products and link to period poverty.	Lesson 11: International womens day. Peer influence, Healthy and unhealthy friendships. Dealing with stress. Healthy and unhealthy stress management strategies, coping strategies. Self-harm and eating disorders. 9A, 9C, 9F
					Lesson 10: Open Road Workshop Mental Health & Substance Abuse 9H, 9M, 9R
12	25	22-Mar	Lesson 12: 10:10 Where we come from (Yr7 Session 4) Re-cap on lesson 6 the Key facts about the menstrual cycle. Sexual intercourse as more than just a physical act, but a gift from God for married couples and His plan for how babies are made.	Lesson 12: Contraception. And FGM Legal age restrictions, consent discussed. Contraceptive choices and how they work, types of contraception.	Lesson 12: First Aid Looking after your health. Self-examination. Dentist, sun safety, vaccinations. Understanding the symptoms of the menopause.
	26	30-Mar	2 Johns internet safety		
		Mon 3rd - 14th April 2023			EASTER

13	27	19-Apr	<p>Careers Fair Lesson 13: Gambling, Smoking, Vaping & Alcohol Its impact financially and on on physical health. Where to get help</p>	<p>Careers Fair Lesson 13: Types of careers/University courses Computer needed to research pay and equality in careers.</p>	<p>Careers Fair Lesson 13: Employability. How to talk to others.</p>
14	29	03-May	<p>Lesson 14: 10:10 Changing bodies. Puberty to include physical, emotional and sexual development as part of God's plan for us. (for both men and women) Menstrual cycle. Personal hygiene. Options for sanitary products. Hormones. The teenage brain and Mental Health and Wellbeing.</p>	<p>Lesson 14: Skills for the future. Personal Finance Managing money, Pin numbers, Online banking. Credit or Debit</p>	<p>Lesson 14: County Lines. Sexual exploitation and forming positive relationships 9A, 9C, 9F</p>
15	31	17-May	<p>Lesson 15: Maintaining a Balance (school, study skills, leisure, exercise, online, diet)</p>	<p>Lesson 15: General Safety Accessing risk. Healthy and unhealthy choices. Alcohol and drug misuse and pressures. Impacts and peer pressure. Where to get help.</p>	<p>Lesson 15: 10:10 In control of my choices. 9H, 9M, 9R</p> <p>Lesson 15: 10:10 Love People, use things explores some key issues for Year 9 pupils regarding sexual desire, casual sex, pornography and masturbation. In control of my choices explores the difference between love and lust and the importance and benefits of delaying sexual intimacy. 9A, 9C, 9F</p> <p>Lesson 14: County Lines. Sexual exploitation and forming positive relationships 9A, 9C, 9F</p>

			Monday 29th May - Friday 2nd June Half Term 2023		
16	34	07-Jun	<p>Lesson 16: Celebrating Diversity Fundamental British Values (linked to democracy and mutual respect, Mission Statement), social action, diversity in Britain,</p>	<p>Lesson 16: Stimulants Peer pressure and assertiveness 8A, AC, 8F</p> <hr/> <p>Lesson 17: Healthy Routines, 8H, 8M, 8R.</p>	<p>Lesson 16: 10:10 Rights and responsibility. Physical consent, sexual exploitation and human rights. Tensions between human rights law and cultural/religious expectations.</p>
17	36	21-Jun	<p>Lesson 17: Living responsibly 10:10 Building on previous sessions' learning about behaviour management, the final session of the Foundation (Year 7 – 8) Programme explores social responsibility and respect for self and others. It should inspire young people to be responsible and play a positive part in their communities.</p>	<p>Lesson 17: Healthy Routines, and healthy eating and disorders. Body Image and dieting. 8A, AC, 8F</p> <hr/> <p>Lesson 16: Stimulants Peer pressure and assertiveness 8H, 8M, 8R.</p>	<p>Lesson 17: Personal Finance Jack Petchey workshop. Managing money, tax, mortgage. Employability skills and online presence.</p>
18	38	05-Jul	Lesson 18: Cultural week - Diversity		

19	40	19-Jul	Lesson 19: LGBTQ+	Lesson 17: Mental Health and Well-being	Lesson 19: Criminal Justice System Policing and the law. Extremism and Terrorism, PREVENT strategy. Politics Political ideologies. Political parties. Peace talks how to deal with conflict
----	----	--------	--------------------------	--	--