

TERM	TOPIC
1	<b>Being me</b> <ul style="list-style-type: none"> <li>• Identity</li> <li>• Influences and peer pressure</li> <li>• Online identity</li> </ul>
<b>HALF TERM</b>	
2	<b>Celebrating differences</b> <ul style="list-style-type: none"> <li>• Prejudice and discrimination</li> <li>• Attitudes and values</li> <li>• Challenging stereotypes</li> <li>• Bullying</li> </ul>
<b>CHRISTMAS</b>	
3	<b>Dreams and goals</b> <ul style="list-style-type: none"> <li>• Planning skills and identifying goals</li> <li>• Learning from mistakes and overcoming challenges</li> <li>• Safe &amp; unsafe choices</li> <li>• Emergency first aid</li> </ul>
<b>HALF TERM</b>	
4	<b>Healthy me</b> <ul style="list-style-type: none"> <li>• Understanding stress and anxiety</li> <li>• Benefits of exercise, nutrition and sleep</li> <li>• Effects of substances</li> <li>• Vaccinations and immunisation</li> </ul>
<b>EASTER</b>	
5	<b>Relationships</b> <ul style="list-style-type: none"> <li>• Healthy relationships</li> <li>• Getting on and falling out</li> <li>• Assertiveness</li> <li>• Sexing and consent</li> </ul>
<b>HALF TERM</b>	
6	<b>Changing me</b> <ul style="list-style-type: none"> <li>• Puberty</li> <li>• Conception and IVF</li> <li>• Types of relationships</li> <li>• Image and self-esteem</li> </ul>
<b>SUMMER HOLIDAY</b>	