

## Autumn Term 1

**Understanding Ourselves & Others**

*During this half term, students will be exploring important topics to help them settle into secondary school, build confidence, and develop the skills they need for healthy relationships and future success.*

**1. Welcome to Headlands: Transition Between Primary and Secondary School**

*Students reflect on their move to secondary school, discussing any worries or excitement and learning practical ways to cope with change and new routines.*

**2. Skills for Adulthood**

*Pupils start thinking about the skills they will need as they grow older, such as independence, managing time, making decisions, and communicating effectively.*

**3. Personal Strengths**

*Students identify their own strengths and talents, helping to build self-esteem and recognise the positive qualities they bring to school and relationships.*

**4–6. Developing Character: Analysing the Impact of Character on Personal Relationships and Choices**

*In these lessons, pupils learn about important character traits like kindness, honesty, courage, and respect. They discuss how these qualities influence the way we treat others and the choices we make in life.*

**7. Core British Values**

*Students explore key British Values – democracy, rule of law, individual liberty, mutual respect, and tolerance. They learn why these are important for living in a diverse and fair society.*

**8. Personal Values**

*Pupils reflect on their own values and beliefs, thinking about how these influence their behaviour and decisions, and how to respect the values of others.*

## Autumn Term 2

**Understanding Ourselves & Others**

*This half term, students will focus on understanding friendships, family relationships, and how to stay safe and respectful in their interactions with others.*

**9. Building Strong Friendships: What Makes a Healthy Friendship**

*Students learn what a healthy friendship looks like, including trust, respect, support, and kindness, and discuss how to be a good friend to others.*

**10. Navigating Friendship Challenges: Dealing with Conflict and Peer Pressure**

*Pupils explore common friendship issues such as falling out, misunderstandings, or feeling left out, and learn strategies to resolve conflicts calmly and respectfully.*

**11. How to Manage Peer Pressure?**

*Students discuss different types of peer pressure and practise ways to say no, make independent choices, and stay true to their own values.*

**12. Understanding Families: Dynamics of the Family**

*This lesson looks at the many types of families and how family dynamics can vary. Pupils reflect on what makes family relationships healthy and supportive.*

**13. Respecting Differences**

*Students learn about diversity in people's backgrounds, beliefs, and lifestyles, and discuss the importance of treating everyone with respect and kindness.*

**14. When Do Relationships Become Unsafe?**

*Pupils learn how to recognise the signs of unhealthy or unsafe relationships, including controlling behaviour, bullying, or abuse, and understand where to go for help if they feel worried or unsafe.*

**15. Understanding Misogyny and Respectful Relationships**

*Students explore the concept of misogyny, why it is harmful, and how to promote respect and equality in friendships and relationships with others of all genders*

## Spring Term 1

**Navigating the Digital World & Personal Development**

*This half term, students will be learning how to stay safe in different situations, both in real life and online, and how to look after their wellbeing and self-esteem.*

**16. Responsibility of the Bystander**

*Students discuss what it means to be a bystander in situations like bullying or unkind behaviour, and learn how to safely stand up for others and get help when needed.*

**17. Where to Seek Help and Support**

*Pupils learn about trusted adults and services they can turn to if they are worried, upset, or in danger, both in and outside of school.*

**18. Reputation and Self-Pride On and Offline**

*Students explore how their actions, words, and photos can affect their reputation, both in person and online, and the importance of thinking carefully before sharing information.*

**19. Online Friendships and Staying Safe**

*Pupils learn about online friendships, the benefits and risks involved, and how to stay safe when chatting or connecting with people online.*

**20. Risks of Online Relationships**

*Students discuss how people might pretend to be someone else online, and how to recognise unsafe situations, avoid sharing personal details, and seek help if something feels wrong.*

**21. Body Image and Social Media**

*Pupils explore how social media can influence how they feel about their bodies and appearance, and learn healthy ways to feel positive and confident about themselves.*

## Spring Term 2

**Growing Up**

*This half term, students will learn about growing up, changes during puberty, and how to keep themselves safe and healthy both online and offline.*

**22. Self-Esteem and Online Image**

*Students explore how social media and online posts can affect how they feel about themselves, and learn ways to build and protect their self-esteem.*

**23. Sharing Information and Images Online**

*Pupils discuss the risks of sharing personal information and photos online, including issues like privacy, reputation, and staying safe from potential harm.*

**24. Physical Changes in Puberty**

*Students learn about the physical changes that happen during puberty for both boys and girls, helping them understand that these changes are normal and part of growing up.*

**25. Emotional Changes in Puberty**

*Pupils explore the emotional ups and downs that can come with puberty, and learn strategies for managing feelings and talking about their emotions.*

**26. Personal Hygiene in Puberty**

*Students learn about the importance of keeping clean and healthy as their bodies change, including topics like body odour, skin care, and managing periods for girls.*

## Summer Term 1

**Health and Wellbeing**

*This half term, students will focus on looking after their physical health and understanding how healthy choices can also support their emotional wellbeing.*

**27. FGM (Female Genital Mutilation)**

*In an age-appropriate and sensitive way, pupils learn what FGM is, why it is illegal and harmful, and how to seek help or support if they are worried about themselves or someone else.*

**28. Microbes: How Germs Spread Infections**

*Students learn what microbes are, how germs spread, and simple ways to stay healthy and prevent infections, like handwashing and good hygiene habits.*

**29. Dental Health**

*Pupils learn how to take care of their teeth and gums, including brushing, flossing, and making healthy food and drink choices to avoid tooth decay.*

**30. Balanced Diet**

*Students explore what makes a balanced diet, learning about different food groups, portion sizes, and how healthy eating can help them feel good and stay well.*

**31. Keeping Fit: Benefits for Physical and Emotional Health**

*Pupils learn about the importance of regular exercise, not only for physical health but also for helping manage stress, boost mood, and improve sleep.*

## Summer Term 2

**Health and Wellbeing**

*This half term, students will be learning about making healthy choices, understanding the risks of substances like nicotine and alcohol, and knowing how to help in emergencies.*

**32. Safe Sun: Dangers of the Sun**

*Students find out about the risks of spending too much time in the sun, including sunburn and heatstroke, and how to stay safe outdoors.*

**33. Safe Sun: Risks of Cancer**

*Pupils learn how excessive sun exposure can increase the risk of skin and discuss practical ways to protect their skin, like wearing sunscreen and protective clothing.*

**34. Why People Use Nicotine, Alcohol and Other Drugs?**

*Students explore reasons why some people might choose to use substances like cigarettes, alcohol, or other drugs, and discuss the pressures and influences that might lead to experimenting.*

**35. Effects of Nicotine and Alcohol on the Body and Mind**

*Pupils learn how nicotine and alcohol can harm both physical health and mental wellbeing, including impacts on the brain, body, and behaviour.*

**36. Basic First Aid and Emergency Responses**

*Students are introduced to basic first aid skills, such as dealing with cuts, burns, or someone who is unresponsive, and learn how to get help quickly in an emergency.*

## Autumn Term 1

**Identity, Respect, and Staying Safe**

*This half term, students will be exploring their own identities, learning about respect for others, and understanding some important issues that can affect individuals and communities.*

**1. What Contributes to my Identity?**

*Students reflect on the different factors that shape who they are, such as family, culture, interests, values, and personal experiences.*

**2. How to Challenge Discrimination**

*Pupils learn what discrimination is, why it's harmful, and how to safely challenge unfair treatment or prejudice towards themselves or others.*

**3. Religious Intolerance**

*Students explore the meaning of religious intolerance, the impact it can have on individuals and communities, and why respect for different beliefs is so important.*

**4. The Issue of Racism in the UK**

*Pupils discuss how racism can appear in society today, its historical context, and its effects on individuals and communities in the UK.*

**5. Understanding and Challenging Racism**

*Students learn how to recognise racist behaviour or language and discuss safe and effective ways and support others.*

**6. Radicalisation**

*Pupils learn what radicalisation means, how people can be influenced by extremist views, and how to seek help if they have concerns about themselves or others.*

**7. County Lines and Gang Violence**

*Students explore how young people can be drawn into criminal activities such as county lines drug trafficking and gang violence, and learn how to keep themselves safe and seek help.*

**8. Knife Crime: Risks and Consequences**

*Pupils discuss why some young people might carry knives, the dangers involved, and the serious consequences of knife crime for individuals and communities.*

## Autumn Term 2

**Staying Safe and Making Informed Choices**

*This half term, students will focus on understanding serious risks in society, the impact of drug use, and where to get help and support.*

**9. Knife Crime: Prevention and Support**

*Students learn how to stay safe and avoid situations involving knives, why carrying a knife doesn't protect you, and where to seek help if they feel worried or pressured.*

**10. Honour-Based Violence**

*Pupils explore what honour-based violence means, why it is illegal and harmful, and how to seek help if they or someone they know is at risk.*

**11. Classification of Drugs**

*Students learn how drugs are categorised under UK law (e.g. Class A, B, C) and the reasons why different drugs carry different legal penalties.*

**12. Social Impacts of Drug Use**

*Pupils discuss how drug use can affect friendships, families, education, and future opportunities, highlighting the wider impact on individuals and communities.*

**13. Effects of Drugs on the Body**

*Students learn about how different drugs affect physical and mental health, including short-term and long-term risks.*

**14. Legal and Personal Consequences**

*Pupils explore the legal consequences of possessing or using drugs, as well as how drug use can harm personal goals, relationships, and wellbeing.*

**15. Dangers of Prescription Drug Misuse**

*Students learn about the risks of misusing prescription medicines, understanding that even legal drugs can be dangerous if taken without medical advice or for the wrong reasons.*

## Spring Term 1

**Making Safe Choices and Learning Life Skills**

*This half term, students will focus on recognising risks, resisting pressures, and learning important first aid skills that could help save lives.*

**16. Strategies for Seeking Help with Drug Use**

*Students explore how to get help if they or someone they know is struggling with drug use, including trusted adults, support services, and confidential helplines.*

**17. Pressure to Smoke**

*Pupils discuss why some young people feel pressure to try smoking, how to resist peer pressure, and the health risks of tobacco use.*

**18. Addiction and Gambling**

*Students learn what addiction means, how gambling can become a problem, and the impact it can have on mental health, finances, and relationships.*

**19. Basic First Aid Skills: CPR and Recovery Position**

*Pupils learn how to perform CPR (Cardiopulmonary Resuscitation) and how to safely put someone into the recovery position if they are unconscious but breathing.*

**20. Purpose of a Defibrillator**

*Students learn what a defibrillator is, how it can help someone whose heart has stopped, and how to use it safely in an emergency.*

**21. First Aid for Common Injuries**

*Pupils learn how to treat everyday injuries such as cuts, burns, sprains, and nosebleeds, building confidence to help others in practical situations.*

## Spring Term 2

**Health, Community and Relationships**

*This half term, students will learn about how medical procedures protect health, the importance of helping others through donation, and how to build strong, supportive relationships.*

**22. Immunisation and Vaccinations**

*Students learn how vaccines work, why immunisations are important for personal and public health, and how they help prevent the spread of serious diseases.*

**23. Donation and Blood Transfusions**

*Pupils explore how blood donation works, why it is needed, and how donated blood can save lives in medical emergencies or treatments.*

**24. Organ Donation**

*Students learn about organ donation, how it can transform or save lives, and the importance of making informed decisions about registering as a donor.*

**25. Loneliness**

*Pupils discuss what loneliness is, how it can affect mental health, and positive ways to reach out for support or help*

Summer Term 1

**Healthy Relationships and Emotional Wellbeing**

*This half term, students will learn about building healthy relationships, understanding boundaries and consent, and developing emotional wellbeing and resilience.*

**26. Recognising Healthy and Unhealthy Relationships**

*Students explore the qualities of healthy relationships, how to spot warning signs of unhealthy or controlling behaviour, and where to get help if they are worried.*

**27. Understanding Consent**

*Pupils learn what consent means in friendships and relationships, why it's important, and how to communicate and respect personal boundaries.*

**28. Different Levels of Intimacy**

*Students discuss different kinds of closeness in relationships, from friendships to romantic relationships, and the importance of moving at a pace that feels comfortable and safe.*

**29. Emotional Wellbeing**

*Pupils explore strategies for looking after their mental health, managing stress, and finding healthy ways to cope with difficult feelings or situations.*

**30. Expanding Emotional Range**

*Students learn how to recognise and describe a wide range of emotions, helping them to express themselves clearly and understand how feelings can influence behaviour.*

Summer Term 2

**Managing Emotions and Staying Safe Online**

*This half term, students will learn practical strategies for handling emotions and explore how to stay safe in online relationships and digital spaces.*

**31. Handling Complex Feelings**

*Students learn how to identify and cope with complicated emotions like jealousy, guilt, or sadness, and understand that it's normal to have mixed feelings sometimes.*

**32. How to Deal with Anger**

*Pupils explore healthy ways to manage anger, including recognising triggers, calming techniques, and how to express feelings without hurting themselves or others.*

**33. Emotional Regulation Strategies**

*Students learn practical techniques, such as breathing exercises, positive self-talk, and mindfulness, to help keep their emotions balanced in stressful situations.*

**34. Practical Coping Strategies for Wellbeing**

*Pupils explore simple daily habits that support good mental health, such as exercise, sleep, talking to someone they trust, and doing activities they enjoy.*

**35. Digital Romances and the Risks**

*Students discuss online romantic relationships, the potential risks involved, and how to stay safe when chatting or connecting with people online.*

**36. Strangers Online – Catfish**

*Pupils learn what catfishing is, how to recognise when someone might be pretending to be someone else online, and how to protect themselves from scams and unsafe situations.*



## Autumn Term 1

### **Mental Health and Wellbeing, and Understanding Parenthood**

*This half term, students will deepen their understanding of common mental health issues, learn about support options, and explore key facts about reproductive health and parenting.*

#### **1. Mental Health Issues**

*Students learn about what mental health means, the importance of mental wellbeing, and how to recognise when someone might be struggling.*

#### **2. The Nature of Eating Disorders**

*Pupils explore different types of eating disorders, their causes, effects on health, and why early help is important.*

#### **3. Anxiety and Panic Disorder**

*Students learn about anxiety, how panic attacks feel, and strategies to manage these feelings when they arise.*

#### **4. OCD: Obsessive Compulsive Disorder**

*Pupils discuss what OCD is, common symptoms, and how it can affect daily life and wellbeing.*

#### **5. Depression**

*Students learn about the signs of depression, how it can impact thoughts and feelings, and the importance of seeking help.*

#### **6. Support and Treatment**

*Pupils explore different ways people can get support for mental health issues, including talking to trusted adults, therapy, and medical treatments.*

#### **7. Reproductive Health**

*Students are introduced to the basics of reproductive health, including the anatomy and functions of the reproductive system and how to look after it.*

#### **8. Being a Parent**

*Pupils learn about the responsibilities of parenting, the challenges and rewards, and how having a child impacts lives and relationships.*

## Autumn Term 2

### **Understanding Pregnancy, Parenthood, and Online Safety**

*This half term, students will explore important topics around teenage pregnancy, parenting, and staying safe from harmful online content.*

#### **9. Teenage Pregnancy**

*Students learn about the realities and challenges of teenage pregnancy, including emotional, physical, and social impacts.*

#### **10. Choices on Pregnancy**

*Pupils discuss the different options available during pregnancy, highlighting the importance of informed decision-making and support.*

#### **11. Qualities of a Good Parent**

*Students explore the skills and qualities that help people be caring and responsible parents.*

#### **12. Birth and Labour**

*Pupils learn about the process of birth and labour in an age-appropriate way, including how babies are born and the support available.*

#### **13. Breastfeeding**

*Students discuss the benefits of breastfeeding for both mother and baby and understand why it's an important part of early parenting.*

#### **14. Harmful Online Content: Lesson One**

*Pupils explore what harmful content online looks like, including misinformation, inappropriate images, and how it can affect wellbeing.*

#### **15. Harmful Online Content: Lesson Two**

*Students learn strategies for recognising, avoiding, and reporting harmful content online to keep themselves and others safe.*

## Spring Term 1

**Online Safety and Positive Relationships**

*This half term, students focus on developing critical thinking skills for online information and learning how to build respectful relationships and resolve conflicts peacefully.*

**16. How Information is Shared**

*Students learn about how information spreads online and offline, including how to be responsible with what they share.*

**17. Critical Thinking about Online Information**

*Pupils develop skills to question and evaluate the reliability of information they see on the internet and social media.*

**18. Resolving Disagreements Constructively**

*Students explore ways to handle disagreements calmly and respectfully without escalation.*

**19. Conflict Resolution**

*Pupils learn practical techniques to manage and resolve conflicts in friendships and relationships.*

**20. Respect in Relationships**

*Students discuss the importance of respect in all kinds of relationships, including recognising boundaries and treating others with kindness and fairness.*

**21. Coercive and Toxic Behaviour**

*Students explore what coercive and controlling behaviours look like, why they are harmful, and how to seek help if they experience or witness them.*

## Spring Term 2

**Understanding Consent and Staying Safe**

*This half term, students will learn about recognising unhealthy behaviours, the importance of consent, and the risks related to online safety and exploitation.*

**22. Sexting – Distribution of Child Pornography**

*Pupils learn about the legal and personal risks of sharing explicit images, how it can be classified as child pornography, and the serious consequences involved.*

**23. Child Sexual Exploitation**

*Students are introduced to the risks of sexual exploitation, how to recognise warning signs, and where to get support and protection.*

**24. Consent and the Law**

*Pupils learn about the legal framework around consent, the age of consent, and how to respect boundaries within relationships.*

**26. Setting Boundaries Within Relationships**

*Students learn the importance of setting and respecting personal boundaries to build safe and healthy relationships*



## Summer Term 1

**Healthy Relationships, Respect, and Support**

*This half term, students will focus on understanding boundaries, the impact of sexism, recognising abuse, and learning about support services and healthy choices in relationships.*

**27. Sexism's Impact on Society**

*Pupils explore how sexism affects individuals and communities, and why equality and respect are essential.*

**28. Relationship Abuse and Domestic Violence**

*Students discuss different forms of abuse, how to recognise signs of domestic violence, and understand that support is available.*

**29. Support Services for Youth**

*Pupils learn about various organisations and services that offer help and advice on relationship issues, mental health, and safety.*

**30. How Sexual Expression Has Changed**

*Students explore how attitudes and expressions around sexuality have evolved over time and how to navigate these changes respectfully.*

**31. Good Choices in Sexual Activities**

*Pupils discuss making informed, safe, and respectful decisions about sexual activity, understanding consent, and protecting their wellbeing.*

## Summer Term 2

**Sexual Health, Safety, and Wellbeing**

*This half term, students will learn about contraception, sexual health, and making informed choices to protect their physical and emotional wellbeing.*

**32. Contraception**

*Students explore different methods of contraception, how they work, and why using contraception is important for preventing unplanned pregnancies and protecting health.*

**33. Sex Shields**

*Pupils learn about barrier methods like condoms and dental dams, how they help reduce risks of sexually transmitted infections (STIs), and promote safe sexual activity.*

**34. STI and Preventative Health**

*Students discuss common STIs, symptoms to watch for, and ways to prevent infection, including regular testing and safe sex practices.*

**35. Personal Health and Sexual Health**

*Pupils explore how maintaining overall health supports sexual health and the importance of regular check-ups and self-care.*

**36. HIV and AIDs**

*Students learn about HIV and AIDS, how the virus is transmitted, treatment options, and how to reduce stigma through understanding.*

**37. Pornography**

*Pupils discuss what pornography is, the difference between fantasy and reality, potential impacts on attitudes towards sex, and making responsible choices about viewing content.*