

Green - Health and Wellbeing
Blue - Careers, Finance and the Wider World
Red - Relationships

Topics in italics were not delivered during the 2020-2021 academic year due to Covid restrictions

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TERM 1						
Week Commencing	Year 7	Year 8	Year 9	Year 10	Year 11	Voluntary Attendance Sessions
30/08/2021	Covid Testing	Covid Testing	Covid Testing	Covid testing	Covid testing	
06/09/2021	<i>Moving to a new school (Year 7 Induction Programme)</i>	Attitudes towards mental health	Unhealthy Friendships	Stress at School	Preparing for Year 11	
13/09/2021	Tutors to informally follow up on Road Safety Assemblies. Welcome to BGS Presentation (optional)	Emotional Wellbeing	Unhealthy Friendships	Managing the challenges of adolescence	<i>Ambition vs unrealistic expectations</i>	PSHE - Why and How
20/09/2021	Making Friends	Social Media	Group Think and Gang; Legal risks	Reframing Negative Thinking	<i>What is stress?</i>	
27/09/2021	How Do I get better - Targets and Study Skills (BBL)	Healthy coping strategies	Group Think and Gang; Legal risks	The signs of emotional and mental ill health	<i>Stress management, including healthy sleep</i>	
04/10/2021	How Do I get better - Targets and Study Skills (BBL)	Unhealthy Coping Strategies	Passive, Aggressive and Assertive Behaviour	The signs of emotional and mental ill health	<i>Stress management, including healthy sleep</i>	
11/10/2021	How do we manage and express emotions in a constructive way?	Unhealthy Coping Strategies Case Study	Alcohol Statistics	The signs of emotional and mental ill health	<i>Catch Up</i>	Teaching Puberty
18/10/2021	Resilience	End of Topic mindmap	End of Topic mindmap	Mental Health in the Media	<i>Review</i>	
25/10/2021	HALF TERM					

TERM 2						
Week Commencing	Year 7	Year 8	Year 9	Year 10	Year 11	Voluntary Attendance Sessions
01/11/2021	Puberty	Mental Health and Wellbeing Review	Types of Family	End of Topic mindmap	Mocks (Effective Revision Strategy Pack shared digitally)	
08/11/2021	Puberty	Cyberbullying	Homelessness	Budgetting and Saving	Mocks	Relationship breakdown, separation and divorce
15/11/2021	Puberty	Crossing the Line	Homelessness	Debt	Reviewing the Mock Exams	
22/11/2021	Personal Hygiene	Critical Thinking online	Positive Relationships and Conflict at home	Risk	SMART Targets	
29/11/2021	Consent Inappropriate Contact	Age restrictions and making responsible decisions	<i>Managing relationship breakdown</i>	Post 16+F20+E20	Post 16	
06/12/2021	FGM	Online Messages including reporting	<i>Managing separation and divorce</i>	Gambling and Help	Post 16	
13/12/2021	End of Topic Mindmap	End of Topic mindmap	End of Topic mindmap	End of Topic mindmap	Post 16	
20/12/2021	CHRISTMAS HOLIDAYS					
27/12/2021	CHRISTMAS HOLIDAYS					

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TERM 3						
Week Commencing	Year 7	Year 8	Year 9	Year 10	Year 11	Voluntary Attendance Sessions
03/01/2022	<i>Rights and Responsibilities</i>	<i>What influences beliefs and decisions?</i>	Careers booklet 1	<i>Relationship Values and Pleasure in relationships</i>	<i>Core Values and Emotions</i>	
10/01/2022	<i>What is diversity?</i>	<i>How do we develop self-worth and confidence?</i>	Careers booklet 2	<i>Abusive Relationships</i>	<i>Gender Expression and Sexual Orientation</i>	Gender Identity and Teaching LGBT+
17/01/2022	<i>Challenging Prejudice and Stereotypes</i>	<i>Gender Identity</i>	Careers booklet 3	<i>Sex, Relationships & Gender Q&A</i>	<i>Communicating Wants and Needs</i>	
24/01/2022	<i>Signs of Bullying (incl. Assembly)</i>	<i>Challenging Homophobia</i>	Careers booklet 4	<i>Myths and misconceptions about sex, gender, relationships</i>	<i>Relationship Abuse</i>	Pornography
31/01/2022	<i>How to respond to bullying</i>	<i>Challenging Racism and Religious Discrimination</i>	Careers booklet 5	<i>How pornography affects sexual attitudes, expectations and behaviours</i>	<i>Unhealthy relationships</i>	
07/02/2022	<i>End of Topic mindmap (Half Term: Stand up to Bullying Project)</i>	<i>End of Topic mindmap (Half Term: Being Inclusive Project)</i>	Review	<i>Mindmap 1</i>	<i>Mindmap 1</i>	
14/02/2022	HALF TERM					

TERM 4						
Week Commencing	Year 7	Year 8	Year 9	Year 10	Year 11	Voluntary Attendance Sessions
21/02/2022	<i>Enterprise, problem solving, communication, teamwork, leadership, risk-management, creativity</i>	Introducing Drugs - Caffeine	<i>Balancing work, leisure, exercise and sleep</i>	<i>Consent: Manipulation, Coercion and Capacity to consent. [Ethics and Law]</i>	<i>How to handle unwanted attention</i>	
28/02/2022	<i>Enterprise Challenge</i>	Caffeine 2	<i>Healthy Eating</i>	<i>Consent: Manipulation, Coercion and Capacity to consent [Recognise and Respond]</i>	<i>Online Relationships, Stalking and Harrassment</i>	Dealing with difficult conversations
07/03/2022	<i>Careers (including Careers Family Tree)</i>	Smoking	<i>Body Image</i>	<i>Victim Blaming</i>	<i>Seeking Support</i>	
14/03/2022	<i>Values and Careers choices</i>	Smoking 2	Introducing Cancer Checks	<i>Victim Blaming</i>	<i>End of Topic Mindmap</i>	
21/03/2022	<i>Equality of Opportunity & stereotypes</i>	Alcohol	Self Checking - breast cancer	<i>Asexuality, abstinence, celibacy</i>	<i>Personal Safety</i>	
28/03/2022	<i>End of topic mindmap</i>	End of topic mindmap	Self Checking - testicular cancer	<i>End of Topic mindmap</i>	<i>Registering with Doctors, Sexual Health clinics, Opticians and Health Services</i>	
04/04/2022	EASTER HOLIDAYS					
11/04/2022						

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TERM 5						
Week Commencing	Year 7	Year 8	Year 9	Year 10	Year 11	Voluntary Attendance Sessions
18/04/2022	Sleep and Sleep Hygiene	Demonstrating positive behaviours in relationships	End of Topic mindmap	<i>Positive and negative role models</i>	<i>Managing Influences and risks with cosmetics</i>	
25/04/2022	Diet and Hygiene	Gender Identity	Getting ready for sex, delaying sex, Intimacy without sex	<i>Gang Culture</i>	<i>Tattoos, piercing and other body alteration</i>	Appropriate distancing techniques with sensitive topics
02/05/2022	Self Worth	Sexual Orientation	Capacity to consent, right to withdraw consent	<i>The impact of drugs on the wider community</i>	<i>Evaluating readiness for parenthood</i>	
09/05/2022	Qualities of positive Relationships	Developing relationships and partnerships	Consent Case studies	<i>How Drugs and alcohol affect decision making</i>	<i>Pregnancy and Birth</i>	
16/05/2022	Qualities of unhealthy relationships	Good communication in relationships	STI's and safer sex	<i>Keeping others safe in situations involving substance use</i>	<i>Miscarriage</i>	
23/05/2022	Stereotypes	Law and moral duties in relation to consent	Unprotected Sex	<i>Exit strategies</i>	<i>Honour Based Violence</i>	
30/05/2022	HALF TERM					

TERM 6						
Week Commencing	Year 7	Year 8	Year 9	Year 10	Year 11	Voluntary Attendance Sessions
06/06/2022	Romantic Relationships	Contraception	Pornography	<i>End of Topic mindmap</i>		
13/06/2022	Consent	End of Topic mindmap	Sharing online	Communities, inclusion, respect and belonging		Reflecting on and sharing best practice
20/06/2022	End of Topic mindmap	Employment, self-employment and voluntary work	End of topic mindmap	The Equality Act, Diversity and Values		
27/06/2022	Making safe financial choice; budgeting	Challenging stereotypes about work and pay	Managing your personal brand	Fake News and Social Media		
04/07/2022	Ethical and unethical business	Expectations that limit career choices	Enterprise and Employability	Challenging Discrimination		
11/07/2022						
18/07/2022	SUMMER HOLIDAYS					