



Foundations Lessons

Senior 7

How To Have Healthy Relationships
Tackling Cyberbullying
Understanding Bullying
Safe & Healthy Relationships
Combat Worry, Stress & Anxiety

Module 1

The Stress Scales
Controlling Our Emotions
Rewiring Your Brain
Managing Privacy Online
Social Media Addiction

Module 2

Alcohol And Your Health
Smoking and Nicotine Addiction
Vaping: A Global Dilemma
Different Types of Families
Building Healthy Relationships

Module 3

The Changing Adolescent Body
Sexual Consent
Sleep Essentials
Investing In Your Health
Healthy & Balanced Lifestyles

Module 4

Senior 8

Managing Unhealthy Relationships
Repairing Relationships
Sharing Information Online
Homophobia
First Aid Beyond Emergencies
Oral Hygiene
Health & Hygiene
The Mind-Body Connection
Drug Awareness
Alcohol and Social Inhibitions
Understanding Consent
Contraceptive Considerations
Discussing Pornography
Introduction to FGM

Senior 7 and 8 weekly Foundations lessons are taught as part of a carousel with Futures and Cookery.



Foundations Lessons

Senior 9

The Happiness Trap
Managing Anxiety
Combating Negative Self Talk
Thinking Traps
Mental Benefits of Exercise
Expressing Gratitude
Safe & Healthy Sex
Sexually Transmitted Infections
Reproductive Health
Pregnancy Choices
Forced Marriages
Respecting Transgender Identities
Saving Lives With First Aid
Substance Addiction
Informed Drug & Alcohol Choices
Drugs and County Lines
The Truth About Vaping
Instagram vs Reality
The Positivity Mindset
Healthy Food Choices
Character Strengths In Focus
Understanding Eating Disorders
Organ Donation
Empowering Positive Masculinity
Online Grooming
Rising Above Cyberbullying
Positive vs Negative Humour
The Hidden Scars of Knife Crime

Senior 10

Phone Addiction
Keeping Your Online Data Safe
The Rule of Law
The UK's Relationship with the World
The Spectrum of Relationships
Sexting
The Distorted Reality of Pornography
Fertility & Reproductive Health
Multi-Cultural Society
Understanding Democracy
Understanding Sexual Consent
Romantic Relationships
Gender Identity
Female Genital Mutilation
Sharing Illegal Images
The Psychology of Bullies
Extremism
Violence and exploitation by gangs
Online Radicalisation
R.E.S.P.E.C.T
Fake News & Misinformation
Understanding Vaccination And Immunisation
Drugs
Prescription Medication Misuse
Vaping Crackdown
Sleep, Exercise & Diet
Inclusivity & Belonging

Senior 11

Stereotypes & Prejudice
Gender Biases
Gambling Addiction
Striving For Equality
Discrimination and the Equality Act
Respecting Human Rights
Fertility & Pregnancy
Differences Between Forced & Arranged Marriages
Contraception Considerations
Sex & Substances
Safe Relationships Online
Examining Sexual Violence
Building Resilience
Party Drugs
Alcohol Dependence & Excessive Drinking
Reframing Failure
Setting Goals that Drive Success
Exam Stress
Unrealistic Online World
Self- Examination and Screening
Is it Worth a Gamble