



Foundations Lessons

Senior 7

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

Module 1

Positive Parenting
Rewiring Your Brain
Managing Privacy Online
Social Media Addiction
Alcohol And Your Health

Module 2

Smoking and Nicotine Addiction
Vaping: A Global Dilemma
Different Types of Families
Building Healthy Relationships
The Changing Adolescent Body

Module 3

Sexual Consent
Sleep Essentials
Investing In Your Health
Healthy & Balanced Lifestyles
The Balanced Diet

Module 4

Senior 8

Managing Unhealthy Relationships
Repairing Relationships
Sharing Information Online
Homophobia
First Aid Beyond Emergencies
Oral Hygiene
Health & Hygiene
Drug Awareness
Alcohol and Social Inhibitions
Understanding Consent
Contraception Essentials
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
Expressing Gratitude
Character Strengths In Focus
Positive vs Negative Humour
Safe & Healthy Sex
Sexually Transmitted Infections
Reproductive Health
Pregnancy Choices
Forced Marriages
Stalking and Unwanted Behaviour
Substance Addiction
Informed Drug & Alcohol Choices
Drugs and County Lines
The Truth About Vaping
Instagram vs Reality
Evaluating Eating Habits
Saving Lives With First Aid
Understanding Eating Disorders
Organ Donation
Empowering Positive Masculinity
Online Grooming
Rising Above Cyberbullying
Respecting Transgender Identities
Digital Footprint
Relationships & Their Legal Status

Senior 10

Inclusivity & Belonging
Who Should You Trust?
Self-Esteem and Respect
R.E.S.P.E.C.T
Safety Instincts
Managing Emergencies
The Spectrum of Relationships
Will You Marry Me?
Recognising Signs of Coercive Control
Sexting
The Distorted Reality of Pornography
Self-Examination and Screening
Keeping Your Online Data Safe
The UK's Relationship with the World
Understanding Democracy
Public Money
Understanding Sexual Consent
Different Kinds of Intimacy
Sexual Orientation
The Psychology of Bullies
Sharing Illegal Images
Female Genital Mutilation
Unrealistic Online World
Exploitation
Online Radicalisation
Understanding Vaccination And Immunisation
Drugs
Menstrual Health and Conditions

Senior 11

Discrimination and the Equality Act
Stereotypes & Prejudice
Respecting Human Rights
Gender Biases
Criminal Exploitation
Fertility & Pregnancy
Contraceptive Considerations
Sex & Substances
Differences Between Forced & Arranged Marriages
Sexual Violence & Abuse
Safe Relationships Online
Domestic Abuse
Sexual Harassment and Aggression
Exam Stress
Rethinking Masculinity
Caring for Your Mental Health
Health Conditions
Prescription Medication Misuse
Sleep, Exercise & Diet
Party Drugs
Alcohol Dependence & Excessive Drinking