

Lessons 4 Life Overview

Year 7		Year 8		Year 9		Year 10		Year 11	
Lessons 4 Life		Lessons 4 Life		Lessons 4 Life		Lessons 4 Life		Lessons 4 Life	
Introduction Addictive Substances - Vaping	CE BV	Introduction Addictive Substances - Alcohol	CE BV	Introduction Legal and Illegal Drugs	CE BV	Alcohol: risks, consequences, and safety	CE BV	Illegal Drugs - risks and consequences	CE BV
Healthy Lifestyle Diet		Healthy lifestyles: Exercising for physical and mental wellbeing		Health Services Self-Examination and Vaccination		Healthy Lifestyle - Blood Organ Donation, Cosmetic Procedures		Substance Addiction	
FGM and risks/understanding menstration	cscw	Healthy lifestyles: Taking responsibility for your physical health		Healthy Lifestyle: Achieving Balance	CE	What is a healthy lifestyle?		Managing our health: services and support	
Growing Up Physical and Mental Changes	CE cscw	Mental Health: Talking about our emotions	CE	Mental Health: Developing Strategies	CE	An introduction to body image	CE	Marriage and Civil Partnerships	
What is mental health?		Self-esteem and confidence	CE	What is good communication? (new)		Recognising strengths in ourselves and others	CE	Understanding Pornography	CE cscw
Social media and mental health		Managing Risks- Gambling		Budgeting, Saving and Debt		Managing Risks: Unsafe and emergency situations	CE	Consent and intimacy: Offline and Online	CE
Review Lesson		Review Lesson		Review Lesson		Review Lesson		Sexual Health STIs	cscw
Healthy Relationships	CE	Marriage, Unhealthy and Abusive Relationships	CE	Peer Pressure, Relationships and Conflict	CE	Understanding Relationships	CE	Staying Safe Online - Misinformation	
Bereavement, Divorce and Separation		Consent	cscw	Family life: parenthood and caring	cscw	Navigating social influences and pressure	CE	Know Your Rights - Equality Act 2010	PC
Bullying	CE PC	Sexuality and Gender Identity	cscw PC	Sex and Consent Online	CE	Challenging prejudice and discrimination	BV PC	Gambling/Financial choices	
What is diversity?	CE PC	Challenging Gender Stereotypes	PC	Sex and the media		Sexuality and gender: coming out	PC	Mental Health Revisited	
Media Literacy Staying Safe Online		Media, interpreting information on the internet	CE	Recognising and Preventing Discrimination	PC BV	Understanding Pregnancy and your Choices		MH- Accessing support (Year 13)	
Review Lesson		Review Lesson		Review Lesson		Choosing and accessing contraception	cscw	Acknowledging skills and assets	
Unifrog Platform Intro and Careers Treasure Hunt		What does success look like?		What makes a good leader?		Staying Safe Online and Protecting Personal Data	CE	Skills 4 Success/Revision Skills	
Understanding your skills and how they are connected to future careers		Career Terminology		How your skills and activities link to future careers		iDEA Award		Skills 4 Success/Revision Skills	
Understanding your interests and how they are connected to future careers		Future Careers Research		Looking at different subjects that may interest you in the subject library		iDEA Award		Skills 4 Success/Revision Skills	
Democracy in the UK	BV	Parliament, political parties, Liberties of being a UK citizen	BV PC	Parliamentary democracy and the UK constitution	BV	iDEA Award		Skills 4 Success/Revision Skills	
Parliament, Voting and Elections	BV	Rules, Laws and the Criminal Justice System	BV	Electoral systems in the UK and beyond	BV	The UK's relations with Europe, the Commonwealth, the UN and wider world	BV	Skills 4 Success/Revision Skills	
Political Parties	BV	Public institutions and voluntary groups	BV PC	National, regional, religious and ethnic identities in the UK	BV PC	Human Rights and International Law	BV PC	Year 11- Left	
Review / End of Year Assessment		Review / End of Year Assessment		Review / End of Year Assessment		Review / End of Year Assessment		Year 11- Left	

Key

Health and Wellbeing
Relationships and Sex Education
Living in the Wider World
Citizenship
British Values (BV)
Protected Characteristics (PC)
Character Education (CE)
CSCW Input