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| Theme | Topic | Lesson |
| **Mental, Emotional and Social Wellbeing** | **Citizenship** | Welcome to GHS |
| **Mental, Emotional and Social Wellbeing** | **SHANARI** | Safeguarding and CP |
| **Mental, Emotional and Social Wellbeing** | **Mental Health** | How Mental is Mental Health? |
| **Mental, Emotional and Social Wellbeing** | **Mental Health** | What is normal? |
| **Mental, Emotional and Social Wellbeing** | **Mental Health** | Becoming ourselves |
| **Relationships** | **Body Image** | The Influence of Culture |
| **Relationships** | **Body Image** | My real body/body confidence |
| **Relationships** | **Boys, Girls and Stereotypes** | Stereotypes and Equality |
| **Relationships** | **Gender/****Stereotypes** | More About Gender |
| **Substance Misuse** | **Vaping** | **Vaping** |
| **Mental, Emotional and Social Wellbeing** | **Inside Out - Emotions** | Getting to Know My Emotions |
| **Mental, Emotional and Social Wellbeing** | **Inside Out - Emotions** | Managing Emotions |
| **Mental, Emotional and Social Wellbeing** | **Inside Out - Emotions** | The need to feel a range of feelings and emotions |
| **Mental, Emotional and Social Wellbeing** | **Inside Out - Emotions** | Resilience |
| **Substance Misuse** | **Alcohol & Substance Awareness Education** | Lesson 1:What is a drug? |
| **Substance Misuse** | **Alcohol & Substance Awareness Education** | Lesson 2: Why do people use drugs? |
| **Substance Misuse** | **Alcohol & Substance Awareness Education** | Lesson 3:Peer Pressure |
| **Anti Bullying Week** | **Theme TBC** | TBC |
| **Relationships** | **Social Media** | Me Online/How we use social media |
| **Relationships** | **Social Media** | Netiquette |
| **Relationships** | **Disability Awareness** | I am Me Lesson 1 |
| **Relationships** | **Disability Awareness** | I am Me Lesson 2 |
| **Relationships** | **Disability Awareness** | I am Me Lesson 3 |
| **Relationships** | **Disability Awareness** | I am Me Lesson 4 |
| **Planning for Choices and Changes** | **Careers** | SDS Careers Advisers Talks with class |
| **Planning for Choices and Changes** | **Careers** | Lesson 1 |
| **Planning for Choices and Changes** | **Careers** | Lesson 2 |
| **Planning for Choices and Changes** | **Careers** | Lesson 3 |
| **Relationships** | **My Body Now** | **Names of parts of my body** |
| **Relationships** | **My Body Now** | **How my body changes as I grow** |
| **Relationships** | **My Body Now** | **Menstruation** |
| **Physical Wellbeing** | **Personal Safety** | Road Safety |
| **Physical Wellbeing** | **Personal Safety** | Water Safety |
| **Physical Wellbeing** | **Personal Safety** | Rail Safety – Live Wire Presentation |
| **Physical Wellbeing** | **Personal Safety** | Rail Safety |
| **Relationships & Sexual Health** | **Consent** | What consent means in a relationship |
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