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| Theme | Topic | Lesson |
| **Mental, Emotional and Social Wellbeing** | **Citizenship** | Welcome to GHS |
| **Relationships & Sexual Health** | **Qualities of a partner and talking about relationships** | **Qualities of a partner and talking about relationships** |
| **Relationships & Sexual Health** | **Relationships** | **Misogyny** |
| **Relationships & Sexual Health** | **Being A Parent** | Would having a baby change my life? What do parents/carers need? |
| **Relationships & Sexual Health** | **Being A Parent** | Connecting with and nurturing your child |
| **Relationships & Sexual Health** | **Being A Parent** | The importance of Play/The Babybox |
| **Mental & Social Wellbeing** | **Mental Health** | Understanding our Feelings/emotions – What is mental Health? |
| **Mental & Social Wellbeing** | **Mental Health** | Emotional Resilience – managing stress overload and what strategies may work for you |
| **Mental & Social Wellbeing** | **Mental Health** | Overcoming hurdles (could be going outside, attending school exams) |
| **Mental & Social Wellbeing** | **Mental Health** | Positive Behaviours – communication, positive relationships, self esteem boosters |
| **Substance Misuse** | **Alcohol & Substance Awareness Education** | Lesson 1:Cannabis. The Facts |
| **Substance Misuse** | **Alcohol & Substance Awareness Education** | Lesson 2:Risky Situations |
| **Substance Misuse** | **Alcohol & Substance Awareness Education** | Lesson 3:Keeping Safe |
| **Substance Misuse** | **Alcohol & Substance Awareness Education** | Lesson 4: Social Implications of Misusing Alcohol & Drugs |
| **Planning For Choices & Changes** | **Study Skills** | Study Skills Lesson 1 |
| **Planning For Choices & Changes** | **Study Skills** | Study Skills Lesson 2 |
| **Planning For Choices & Changes** | **Study Skills** | Study Skills Lesson 3 |
| **Planning For Choices & Changes** | **Study Skills** | Study Skills Lesson 4 |
| **Relationships & Sexual Health** | **Make It Good/Relationships** | **The Relationship I want** |
| **Relationships & Sexual Health** | **Make It Good/Relationships** | **Ending a relationship** |
| **Relationships & Sexual Health** | **Make It Good/Relationships** | **How do you know you are ready for sex** |
| **Relationships & Sexual Health** | **Gender Equality** | **Relationships** |
| **Relationships & Sexual Health** | **Gender Equality** | **Equality and the Law** |
| **Relationships & Sexual Health** | **Pornography** | **What is pornography and what is it doing to us?** |
| **Relationships & Sexual Health** | **Sex (drugs and alcohol)** | **Sex (drugs and alcohol)** |
| **Planning For Choices & Changes** | **CV** | **Creating a personal statement for a CV** |
| **Planning For Choices & Changes** | **Work Placements** | **Work Placements** |
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