Year 7 Medium Term Plans – Relationships and Health

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Transition This unit helps students transition to secondary school, set learning goals and develop social and emotional skills.	**Friendships and Family Relationships** This unit explores friends and family relationships, including how families support each other through change, and the principles of healthy and unhealthy friendships. It also helps students recognise and respond to bullying and other difficult relationship situations		**Puberty and Keeping Safe** This unit revisits learning about puberty from KS2. It then focuses on specific learning about testicular and vulvar health, as well as how to identify and report abuse.	**Influences on relationships** This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences.	**Personal Safety and Managing Risk** This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads, around water and fireworks.
Lessons: 1 – Thriving in secondary school and setting goals 2 – Introduction to mental health 3 – How do I respond to difficult emotions? 4 – Having good self-esteem	**Lessons:** 1 - Friendship and empathy 2 – Friendship challenges 3 – Bullying and bystanders 4- Coercive Friendships 5 - Stable, diverse families and commitment 6 - Marriage, Civil partnerships and legality 7 - Managing change, loss and grief		**Lessons:** 1 Puberty – Physical changes and personal hygiene 2 – Menstrual wellbeing 3 –Testicular and vulvar health	**Lessons:** 1 – Healthy and Unhealthy Relationships 2 – Managing Conflict 3 – Consent 4 – Making choices about online relationships	**Lessons:** 1 - Personal Safety in and out of school 2 First Aid – CPR 3 – Summer safety skills

Year 8 Medium Term Plans – Relationships and Health

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Health and Wellbeing This unit focuses on developing students' understanding of key health and wellbeing habits, including making healthier food choices, maintaining good dental hygiene, staying physically active, and establishing positive sleep routines to support overall wellbeing	**Drug Education** This unit develops students' understanding of substances including caffeine, vaping, alcohol, and other drugs. It explores how these substances affect the body and mind, and supports students in making informed, safe decisions and recognising risks and influences.	**The Online World** This unit helps students to recognise how their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users.		**Healthy and Unhealthy Relationships** This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support. **(NSPCC Talk Relationships Unit)**	
Lessons: 1 – Food for thought – making healthier choices 2 – Maintaining dental health 3 – Being Active 4 – Healthier sleeping habits	**Lessons:** 1 – What is caffeine? 2 – Vaping 3 – Alcohol 4 – Drug awareness	**Lessons:** 1 –Click and pay – phones and financial risk 2 – Gaming, social media and algorithms : the pressure to spend online 3 – Money matters: seeking help and support 4 – The business of influence 5 – Feeding the algorithm 6 – Think before you spend: making informed online choices		**Lessons:** 1 –Falling in love and first romantic feelings 2 – Stereotypes and the media 3 – Online Relationships 4 - Sexual Harassment and Harmful Sexual Behaviour 5 – Consent 6 - Sharing of nudes 7 - Preventing gender-based violence	

Year 9 Medium Term Plans – Relationships and Health

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mental Health and Wellbeing Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations.		**Drug Education** This unit builds on previous learning, focusing on developing skills to manage situations involving alcohol, vapes or other substances.	**Intimate Sexual Relationships** In this unit, students revisit learning about consent and learn about healthy, safe sexual relationships, including using contraception.		**Navigating Online Harms** This unit explores online harms young people may be exposed to, focusing on how they can respond to deepfake AI images and misogynistic narratives.
Lessons: 1 – Happiness and the value of looking after our mental health 2 – Understanding mental wellbeing 3 – Stress and anxiety management 4 – Building resilience with a growth mindset 5 –Influences and self-expression 6 – Recognising and addressing mental health issues 7 – Social media and our mental health 8 – Coping strategies		**Lessons:** 1 – Exploring attitudes 2 – The law, managing risks and influence 3 – Alcohol and Cannabis	**Lessons:** 1 – Consent – avoiding assumptions and capacity 2 – Fertility and conception 3 – Relationship Values 4 – Contraception (2 lessons) 5 – Sexual Health 6 – Managing the ending of relationships		**Lessons:** 1 –Deepfakes – motivation and consequences 2 – Tackling deepfakes 3 – Thinking critically about misogyny

Year 10 Medium Term Plans – Relationships and Health

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Independence, health choices and wellbeing This unit supports students to make informed, healthy and responsible health choices as they transition to key stage 4.	**Navigating the online world** This unit helps students understand the impacts and risks of AI and digital technologies.	**Consent and Abuse in Sexual Relationships** This unit revisits and deepens students' understanding of consent, and helps them recognise, challenge and seek support for harmful behaviours or abuse.		**Influence and Extremism** This unit helps students to evaluate online content, understand how harmful attitudes such as misogyny spread, and recognise the impact of content on wellbeing, attitudes and behaviour.	
Lessons: 1 – Sugar, processed food and disease; what's the link? 2 – Accessing healthcare in the UK 3 – Breast self-examination 4 – Testicular self-examination	**Lessons:** 1 – How does AI affect our daily lives? 2 – What are the limitations of generative AI? 3 – How does generative AI affect our understanding of the world? 4 – How do chatbots affect relationships?	**Lessons:** 1 – Assessing readiness for sex 2 - Contraception and STIs 3 – The role of intimacy and pleasure 4 – The impact of pornography 5 – Pressure, persuasion and coercion 6 – Honour based abuse and FGM		**Lessons:** 1 – Social media – all about the money? 2 - Can social media be trusted? 3 – Understanding and preventing extremism 4 – How are people drawn into extremist groups? 5 – Making money online – rights, risks and cryptocurrencies 6 – Wanna bet? Controlled and uncontrolled online spending	

Year 11 Medium Term Plans – Relationships and Health

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
Life-Long Wellbeing This unit revisits and builds on prior learning about mental health, helping students to explore strategies that support wellbeing, especially when managing workload and preparing for exams.	**Personal Safety** This unit supports students to understand the risks linked to gang involvement, manage external influences, and develop strategies to stay safe and seek support.	**Families, Fertility and Pregnancy** This unit explores family life, including committed relationships and parenting responsibilities, fertility and routes to parenthood, and options in the case of unplanned pregnancy.		**Managing and Maintaining Health** This unit helps students explore behaviours that support their own and others' physical health, through prevention of illness, treatment options and emergency responses.
Lessons: 1 – Mental health support and networks 2 – Unwanted, fixed and obsessive behaviours 3 – Neurodiversity 4 – Managing stress and exam performance	**Lessons:** 1 – Gangs – How it might start, risks and consequences 2 – Gangs – Getting out 3 – Knife crime 4 – Tackling violence against women and girls	**Lessons:** 1 – Long-term Commitments 2 – The legal status of marriage 3 – Fertility and routes to parenthood 4 – Pregnancy outcomes 5 – Pregnancy choices 6 – Parenting		**Lessons:** 1 – Blood, organ and stem cell donation 2 – Vaccinations, antibiotic use and antimicrobial resistance 3 – Basic life support 4 – Body modifications