

| Year | Autumn 1                                                                                                           | Autumn 2                                                                                                                                                                | Spring 1                                                                                                                                   | Spring 2                                                                                                                                                                                                              | Summer 1                                                                                                                                                          | Summer 2                                                                                                                                                       |
|------|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7    | <b>"Confident me"</b><br>1. Identity and self-image<br>2. Forming friendships<br>3. Bullying and bystanders        | <b>"Healthy me"</b><br>1. Healthy choices (diet and exercise)<br>2. Hygiene (dental and body)<br>3. Managing your period<br>4. Period wellbeing                         | <b>Ten Ten</b><br>1. Who am I?<br>2. Changing bodies<br>3A. Healthy inside and out.<br>3B. Keeping well (Part 1)                           | <b>Ten Ten</b><br>4. Where do we come from?<br>5. Family and friends<br>6. My life on screen<br>7. Living responsibly<br>8. Basic First Aid (Part 1)                                                                  | <b>"My Rights and Values"</b><br>1. British Values<br>2. Tolerance, respect and the law (Equality Act / Protected Characteristics)<br>3. Extremism and Radicalism | <b>"My Rights and values"</b><br>4. Rights in the community<br>5. FGM and forced marriage<br>6. Active Citizenship                                             |
| 8    | <b>"Healthy me"</b><br>1. HPV immunisations<br>2. First Aid - basic and head injuries<br>3. Defibrillation and CPR | <b>Keeping Safe</b><br>1. Tobacco and Vaping<br>2. Criminal exploitation/County Lines<br>3. Risks associated with Gambling<br>4. Dangers of oversharing online          | <b>Ten Ten</b><br>1. Created and Chosen<br>2. Appreciating Difference<br>3A. Feelings<br>3B. Keeping well (Part 2)<br>4. Before I was Born | <b>Ten Ten</b><br>4. Before I was Born<br>5. Tough Relationships<br>6. Think before you share<br>7. Wider World<br>8. Basic First Aid (Part 2)                                                                        | <b>"My Rights and Values"</b><br>1. Democracy and Parliament<br>2. Political processes in the UK<br>3. Precious Liberties in the UK                               | <b>"My Rights and Values"</b><br>4. Dangers of stereotyping<br>5. Different types of relationships and their legal status<br>6. Media Literacy - who to trust? |
| 9    | <b>"Confident me"</b><br>1. Attitudes towards mental health<br>2. Stress and Anxiety<br>3. Depression              | <b>"Confident me"</b><br>4. Promoting emotional wellbeing<br>5. Comparing online - digital resilience<br>6. Healthy coping strategies<br>7. Change, loss, grief         | <b>Ten Ten</b><br>1. The Search for Love<br>2. Love People, Use Things<br>3A. In control of my choices<br>3B. Drug & Smoking Awareness     | <b>Ten Ten</b><br>4. Fertility and Contraception<br>5A. Marriage<br>5B. Understanding Consent<br>6. One Hundred Percent<br>7. Knowing my rights and Responsibilities<br>8A. Out and About.<br>8B. Life Saving Skills. | <b>"Future me"</b><br>1. Different types and patterns of work<br>2. Young people's employment rights and online reputation<br>3. Managing financial decisions     | <b>"Future me"</b><br>4. Influence of advertising on financial decisions<br>5. Financial exploitation<br>6. Saving, borrowing and protecting money             |
| 10   | <b>"Healthy me"</b><br>1. Self examination and checks<br>2. Drugs - the law<br>3. Drugs - the effects              | <b>Keeping Safe</b><br>1. Violence against women and girls<br>2. Risks in relationships (toxic behaviour)<br>3. Recognising sexual harassment<br>4. Consent and the Law | <b>Ten Ten</b><br>1. Authentic Freedom<br>2. Self-image<br>3. Beliefs, Values and Attitudes                                                | <b>Ten Ten</b><br>4. Parenthood<br>5A. Pregnancy and Abortion<br>5B. Abuse<br>6. Online Influences<br>7. Solidarity<br>8. Out in Public                                                                               | <b>Ten Ten</b><br>1. Self Worth<br>2. Addiction<br>3A. Mental Wellbeing<br>3B. Eating Disorders<br>3C. Health & Fitness<br>4. Family Planning and Fertility       | <b>Ten Ten</b><br>5A. Sexual Health<br>5B. Pornography<br>5C. Coercive Control                                                                                 |

**Green** = New Ten Ten Content added this year.

**Blue** = Ten Ten Content that has been changed to fit the new 2026 guidance.