

KS3 Weekly Lesson Plan			
	Year 7	Year 8	Year 9
1	New school, new relationships	Understanding marriage	Family life: parenthood and caring
2	What makes a healthy relationship?	Overcoming conflict and finding forgiveness	Social influences: tackling peer pressure
3	Coping with change: bereavement, divorce and separation	Spotting unhealthy and abusive relationships	Relationships and conflict
4	Media Literacy, staying safe online	Media literacy, interpreting information online	Sex and consent online
5	How can we become active citizens?	Why is poverty still a global problem?	What does the Civil service do?
6	What is a democratic country?	How can we take responsible actions on global problems?	What are the differences between local, regional and national governance?
7	What is diversity?	Challenging gender stereotypes	Recognising and preventing discrimination
8	Exploring possibilities – dream job	Creating the life, you want	What are my skills?
9	What is a career?	Challenges and rewards of work	Taking control of your career journey
10	What is a work/life balance?	What does success look like?	Working, earning and managing money
11	Recognising and preventing bullying	Gambling: the facts	Financial choices: budgeting, saving, debt
12	Smoking and vaping, risks and consequences	Addictive substances: alcohol	Social influences: young people and gangs
13	FGM (facts and risks)	Healthy lifestyles: taking responsibility for your physical and mental wellbeing	Addictive substances, legal and illegal drugs
14	Healthy lifestyle: maintaining a balanced diet	Healthy lifestyles: taking responsibility for your physical health	Healthy lifestyles: achieving balance
15	Understanding menstruation	Sexuality and gender identity: an introduction	Healthy lifestyles: health services, self-examination and vaccination
16	Growing up, physical and mental changes	Consent: what is it and why is it essential?	Sex relationships and the media
17	What is mental health?	Mental health – talking about emotions	Practising safe sex
18	Social media and mental health	Self-esteem and confidence	Mental health – developing coping strategies
19	End of Year reflection	End of Year reflection	End of Year reflection

Relationships	Online safety	Citizenship	Diversity and antiracism	Careers	Life skills	Physical health	Sexual gender and health	Mental health and wellbeing
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