

KS3 weekly lessons			
Week	Year 7	Year 8	Year 9
1	What does a positive relationship look like?	What should I expect when I start to have romantic relationships?	Marriage & civil partnership
2	How can conflict situations be resolved successfully?	What does consent mean for me?	Contraception & parenting
3	What do I need to do to have respectful relationships?	How can I tell if someone is trustworthy?	STIs
4		How can I say no when feeling pressured?	Dealing with rejection
5	What is Citizenship?	How is plastic damaging the environment?	How is the country run?
6	What does active citizenship look like?	What actions can we take to address climate change?	Civil service
7	Why does society need rules and laws?	Why are there still some human rights abused today?	Governance levels
8	What is a democratic country?	Why is poverty still a global problem?	Political systems
9	What risks are there online?	How can I safely use social media?	Online scams
10	What impact does screentime have on my health?	What impact does my digital footprint have on my life online and offline?	Deepfakes/AI
11	What is cyberbullying and how do I respond to this?	How do I keep myself safe online?	Harmful content
12	What is a career?	How does my behaviour impact others?	Misogyny
13	Exploring possibilities – dream jobs	Does the way people perceive me affect my relationship?	HSB/sexual exploitation
14	What is a work life balance?	What does a healthy relationship with my peers look like?	Ending relationships
15	What changes am I going to go through during adolescence?	Creating the life you want	Decision making – choosing what to study?
16	What is the menstrual cycle and how does that affect me?	What does success mean to me	What are my skills?
17	Why is it important to take care with my personal hygiene?	Challenges and rewards of work	Working and earning, managing your money
18	How can I talk about my emotions?	How can I manage my mental health?	Drugs and the law
19	What is a ‘growth Mindset’?	What harm can some substances do to my body?	Anxiety
20	How can I ensure I am mentally well?	What harm can some substances do to my body?	Coping strategies
21	What should I do if I am worried about something?	How important is taking care of my dental hygiene?	How important is my wellbeing and how can keep this in check?