

Period 1 Overview																		
	Year 7				Year 8				Year 9				Year 10				Year 11	
Term 1	Session 1		Session 2	Term 1	Session 1		Session 2	Term 1	Session 1		Session 2	Term 1	Session 1		Session 2	Term 1	Session 1	
	Mental Wellbeing				Mental Wellbeing				Mental wellbeing				Mental Wellbeing				Mental Wellbeing	
Week 2	The Mailing School Way	Respect in PSHE		Week 2	TMSW: Revised	Mental wellbeing: revisited		Week 2	The Mailing School Way: Revised	Managing strong emotions		Week 2	Transition into KS4	Thriving in KS4		Week 2	Managing stress and tension	
Week 3	What is mental wellbeing?	What is mental wellbeing?		Week 3	Talking about our emotions	Talking about our emotions		Week 3	Good communication	Good communication		Week 3	Body image	Body image		Week 3	Self-esteem and confidence	
Week 4	Managing our emotions	Managing distractions		Week 4	Self-esteem and confidence	Self-esteem and confidence		Week 4	Healthy coping strategies	Healthy coping strategies		Week 4	Making informed decisions	Religious education		Week 4	Substance addiction: How to seek help	
Week 5	Developing positive thinking habits	Managing rumination and worry		Week 5	Managing risk: Looking after your personal safety	Managing risk: Looking after your personal safety		Week 5	Tackling peer pressure	Tackling peer pressure		Week 5	The impact and spread of misogynistic narratives	Living in the wider world: acid attacks		Week 5	The importance of sleep	
Week 6	Managing tension and stress	Building resilience		Week 6	Toxic culture	Social media and mental health		Week 6	Influencers and self-expression	Managing disappointments and setbacks		Week 6	Living in the wider world: human trafficking	Living in the wider world: human trafficking		Week 6	Relationships: Parenting	
Week 7	Careers at TMS	Careers: Who am I?		Week 7	Careers: journeys and options	Careers: journeys and options		Week 7	Careers: What are my skills?	Careers: What comes after school?		Week 7	Careers: Taking control of your career journey	Careers: Taking control of your career journey		Week 7	Relationships: legal status of marriage	
Week 8	Character Education: Caring	Character Education: Caring		Week 8	Character: Justice and fairness	Character: Justice and fairness		Week 8	Character: Humbleness	Character: Humbleness		Week 8	Character: Overcoming loneliness	Character: Overcoming loneliness		Week 8	Online media: misinformation and extremism	
Term 2	Session 1		Session 2	Term 2	Session 1		Session 2	Term 2	Session 1		Session 2	Term 2	Session 1		Session 2	Term 2	Session 1	
	Online Safety				Online Safety				Online Safety				Online Safety				RSE	
Week 1	Protection personal information	Staying safe online		Week 1	Trustworthy online information	Piracy		Week 1	Motivations and consequences	Tackling deep fakes		Week 1	How does AI affect our daily lives?	How does AI affect our daily lives?		Week 1	Understanding consent and intimacy: offline and online	
Week 2	Managing devices and accounts	Choosing what to watch online		Week 2	Interpreting information online	Interpreting information online		Week 2	Feelings about sharing nudes	Feelings about sharing nudes		Week 2	What are the limitations of generative AI?	How does generative AI affect our understanding of the world?		Week 2	Pressure, persuasion, coercion and relationship abuse	
Week 3	On-screen relationships and challenges	Spotting online scams		Week 3	Sharing of nudes	Sharing of nudes		Week 3	Sex and consent online	Gambling risks and safety		Week 3	How do chatbots affect relationships?	Social attitudes to sending nudes		Week 3	Fertility routes to parenthood	
Week 4	Responding to scams	Identifying AI		Week 4	AI: Positives and negatives	AI: Deep fakes		Week 4	Living in the wider world: hate crime	Living in the wider world: hate crime		Week 4	Deep fakes: What's the harm?	Deep fakes: What can be done?		Week 4	Pregnancy choices	
Week 5	Understanding deep fakes	Risks of AI		Week 5	Gaming social media: The pressure to spend online	Money matters: Seeking help and support		Week 5	Living in the wider world: Young offenders	Living in the wider world: Young offenders		Week 5	Staying safe online and protecting your data	Understanding and preventing extremism		Week 5	Contraception choices	
Week 6	Careers: What is a career?	Careers: Looking at Unifrog		Week 6	Careers: Challenging gender stereotypes	Careers: Challenging gender stereotypes		Week 6	Careers: Taking control of your career journey	Careers: Taking control of your career journey		Week 6	Careers: Unifrog introduction and Skills Quiz 1	Careers: Unifrog Personality Profile		Week 6	Preventing and treating STIs	
Week 7	Character: Determined	Character: Determined		Week 7	Character: Respect	Character: Respect		Week 7	Character: Procrastination	Character: Procrastination		Week 7	Character: How to forgive yourself	Character: How to forgive yourself		Week 7	Setting boundaries and getting help	
Term 3	Session 1		Session 2	Term 3	Session 1		Session 2	Term 3	Session 1		Session 2	Term 3	Session 1		Session 2	Term 3	Session 1	
	RSE				RSE				RSE				RSE				Life skills	
Week 1	What is consent?	Consent – freedom and capacity		Week 1	Consent – what is it?	Growing up – physical and mental challenges		Week 1	Sexual health	Contraception		Week 1	Intimate relationships and consent	The role of intimacy and pleasure		Week 1	Mental wellbeing: exam stress	
Week 2	Puberty and emotional changes	Understanding menstruation		Week 2	Challenging gender stereotypes	Sexual harassment		Week 2	Relationship values	Harmful relationship behaviours		Week 2	Understanding pornography	Pressure, persuasion and coercion		Week 2	Making money: online rights, risks and cryptocurrencies	
Week 3	Vulva vagina health	Keeping safe: FGM		Week 3	Sharing nudes	HPV educate		Week 3	Sex, relationships and the media	Practising safe sex		Week 3	Relationship rights and reporting abuse	Menstruation matters		Week 3	First aid: choking	
Week 4	Testicular health	Making a disclosure		Week 4	Stereotypes and the media	Understanding menstruation		Week 4	Managing relationship endings	Feelings about sharing nudes		Week 4	Menstruation matters – getting checked	STI check				
Week 5	Careers: Exploring possibilities - dream jobs	Careers: Kew Gardens trip prep		Week 5	Careers: Making good choices: Who can you trust?	Careers: Making good choices: Who can you trust?		Week 5	Careers: What to study at KS4	Careers: What to study at KS4		Week 5	Contraception	Breast awareness				
Week 6	Character: Reflective	Character: Reflective		Week 6	Character: Moderation	Character: Moderation		Week 6	Character: Compassion	Character: Compassion		Week 6	Breast awareness – signs and symptoms	Testicular cancer				
Term 4	Session 1		Session 2	Term 4	Session 1		Session 2	Term 4	Session 1		Session 2	Term 4	Session 1		Session 2			
	Physical Health				Physical health				Physical Health				Physical health					
Week 1	What is being healthy?	Maintaining a balanced diet		Week 1	Alcohol	Alcohol and risk		Week 1	Blood, organ and stem cell donation	The donation process		Week 1	Making decisions about being active/aesthetic procedures	Self examination and vaccination				
Week 2	Healthy food choices	Healthy food choices		Week 2	What is tobacco?	Tobacco: What's the problem with vaping?		Week 2	Donation and choices	Vaping		Week 2	Alcohol risks, consequences and safety	Alcohol risks, consequences and safety				
Week 3	Physical exercise	Caffeine		Week 3	Making healthier choices	Healthy sleep habits		Week 3	Drugs, alcohol and the law	Drugs and alcohol: Attitudes and reasons		Week 3	Effect of drugs	Effect of drugs				
Week 4	Dental Health	Healthy sleeping		Week 4	Being active!	Dental health		Week 4	Lifestyles and wellbeing	Healthy lifestyles: health services, self-examination and vaccination		Week 4	Careers: Labour market information	Careers: Labour market information				
Week 5	Character: Good manners	Character: Good manners		Week 5	Character: Self-esteem	Character: Self-esteem		Week 5	Character: Befriending yourself	Character: Befriending yourself		Week 5	Character: Building good habits	Character: Building good habits				
Term 5	Session 1		Session 2	Term 5	Session 1		Session 2	Term 5	Session 1		Session 2	Term 5	Session 1		Session 2			
	Relationships and Friendships				Relationships and Friendships				Relationships and Friendships				Relationships and Friendships					
Week 1	Different types of relationship	Healthy and unhealthy relationships		Week 1	Respectful relationships: Friendship	Understanding marriage		Week 1	Coping with change	Communicating with others		Week 1	Valuing diversity	Valuing diversity				
Week 2	Roles in the family	Understanding changing relationships		Week 2	Relationship values	Relationship values		Week 2	Negative relationships	Negative relationships		Week 2	Recognising and challenging bullying behaviour	Recognising and challenging unhealthy attitudes to bullying				
Week 3	Friendship and empathy	Friendship challenges		Week 3	Relationships: expectations and gender roles	Relationships: expectations and gender roles		Week 3	Relationship influences	Managing the end of a relationship		Week 3	Impact of relationships	Respectful relationships: social influence				
Week 4	Bullying and sexual harassment	Bullying and sexual harassment		Week 4	Responding to misogyny	Discrimination and the protected characteristics		Week 4	Marriage and family life	Marriage and family life: Addressing family conflict		Week 4	Taking other's perspectives	Taking other's perspectives				
Week 5	Bullying and bystanders	Coercive friendships		Week 5	Conflict in relationships and forgiveness	Peer pressure		Week 5	Avoiding assumptions	Responding to misogyny		Week 5	How are people drawn to extremist groups?	Changing relationships: managing your feelings				
Week 6	Careers: What is an entrepreneur?	Careers: What is a work-life balance?		Week 6	Careers: Careers and construction event prep	Careers: What is a work-life balance?		Week 6	Careers: Labour market information	Careers: Labour market information research		Week 6	Careers: Future Skills Questionnaire	Careers: Unifrog Skills Quiz 2				
Week 7	Character: Honesty	Character: Honesty		Week 7	Character: Being reflective	Character: Being reflective		Week 7	Character: Integrity	Character: Integrity		Week 7	Character: Building good habits	Character: Building good habits				
Term 6	Session 1		Session 2	Term 6	Session 1		Session 2	Term 6	Session 1		Session 2	Term 6	Session 1		Session 2			
	Life skills				Life Skills				Life Skills				Life Skills					
Week 1	First Aid: basic life support	First aid: bleeding and shock		Week 1	First aid: Basic life support	First aid: Basic life support		Week 1	Diversity: Recognising and preventing discrimination	Serious and organised crime		Week 1	First aid: basic life support	First aid: basic life support				
Week 2	Finance: budgeting	Finance: making spending decisions		Week 2	What does it mean to be a British citizen?	First aid: Allergies and Asthma		Week 2	First aid: choking	First aid: head injuries		Week 2	Finance: Controlled and uncontrolled online spending	Finance: gambling risks and safety				
Week 3	Finance: gambling	Finance: getting a job		Week 3	Anti-fraud education	Being safe: How do gangs start?		Week 3	First aid: Basic life support	First aid: Basic life support		Week 3	Diversity: Challenging prejudice and discrimination	Safety: challenging misogynistic beliefs and attitudes				
Week 4	What is diversity?	Racism		Week 4	Being safe: Gangs, risks and consequences	Finance: How to open a bank account		Week 4	Managing risk: Unsafe and emergency situations	Causes and effects of cyber crime.		Week 4	Planning and organising: revising effectively	Planning and organising: revising effectively				
Week 5	Careers: Careers in the future	Careers: Careers in the future		Week 5	Careers: Local labour market information	Reading a bank statement		Week 5	Living in the wider world: Knife crime	Living in the wider world: Knife crime		Week 5	Careers: Post 16 options (content dependent on FSQ results)	Careers: Post 16 options (content dependent on FSQ results)				
Week 6	Character: Being confident	Character: Being confident		Week 6	How to use a bank card	How to save money		Week 6	Character: Resilience	Character: Resilience		Week 6	Character: Punctuality	Character: Punctuality				