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 Malling School Way	Respect in PSHE	Week 2	TMSW: Revisited	Mental wellbeing: revisited	Week 2	The Malling School Way: Revisited	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	Influences 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	Posting online	Staying safe when posting	Week 1	Gambling: The facts	Deepfakes and consent	Week 1	Introduction to AI	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 (1)	Interpreting information online (2)	Week 2	Deepfakes: motivations & consequences	Tackling deepfakes	Week 2	How does generative AI affect our understanding of the world?	Chatbots	Week 2	Pressure, persuasion, coercion and relationship abuse
Week 3	On-screen relationships and challenges	Spotting online scams	Week 3	The business of influence (1)	The business of influence (2)	Week 3	Feelings about sharing nudes (1)	Feelings about sharing nudes (2)	Week 3	Deep fakes: What's the harm?	Deep fakes: What can be done?	Week 3	Fertility routes to parenthood
Week 4	Responding to scams	Introduction to deep fakes	Week 4	Sharing of nudes	Sharing of nudes	Week 4	Becoming a responsible digital citizen	Data advertising & persuasive language	Week 4	Protecting your personal data (1)	Protecting your personal data (2)	Week 4	Pregnancy choices
Week 5	Deepfakes: harm, help & the law	Being responsible with social media	Week 5	Online spending	Money matters: Seeking help and support	Week 5	Understanding fraud	Understanding fruad and data protection	Week 5	Consumer rights: selling things online	Financial exploitation	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	Puberty & emotional changes	Understanding menstruation	Week 1	Growing up – physical & mental changes	Understanding menstruation	Week 1	Managing the ending of relationships	Harmful relationship behaviours	Week 1	Intimate relationships and consent	The role of intimacy and pleasure	Week 1	Mental wellbeing: exam stress
Week 2	Vulva vagina health	Testicular health	Week 2	HPV educate	Healthy relationships	Week 2	Relationship values	Sexual health	Week 2	Understanding pornography	Pressure, persuasion and coercion	Week 2	Making money: online rights, risks and cryptocurrencies
Week 3	What is consent?	Consent: Freedom & capacity	Week 3	Consent: Feeling comfortable	Sharing nudes	Week 3	Sex, relationships and the media	Contraception	Week 3	Relationship rights and reporting abuse	Menstruation matters	Week 3	First aid: choking
Week 4	Making a disclosure	Keeping safe: FGM	Week 4	Sexual harassment and harmful sexual behaviour	Challenging gender stereotypes	Week 4	Practising safe sex	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 does being healthy mean?	Caffeine	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	Maintaining a healthy lifestyle (1)	Maintaining a healthy lifestyle (2)	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	Taking responsibility for your physical health (1)	Taking responsibility for your physical health (2)	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	Introduction to smoking and vaping (1)	Introduction to smoking and vaping (2)	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	Safely 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**	What is revision?	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