

	Topic	Organiser	Approx. number of lessons (approx 42 lessons/year)
<b>S1</b>			
1	Friendships Accepting of others (merged school)	Social emotional	
2	Emotions - see CJ	Mental, emotional, social and physical wellbeing	
3	Hygiene	Mental, emotional, social and physical wellbeing	
4	Smoking including vaping	Substance misuse	
6	Bullying	Mental, emotional, social and physical wellbeing	
7	Internet safety	Puberty - used lots of resources from Afton House - body boards, true or false cards, leaflets for kids to take home etc.	
8	Skills and qualities	Planning for choices and changes	
9	Ways to relax and destress	Mental, emotional, social and physical wellbeing	
10	Puberty and relationships	Sexual health	
11	Careers	Planning for choices and changes	
12	Self harm - 'on edge' resource	Mental, emotional, social and physical wellbeing	
<b>S2</b>			
2	Body image	Mental, emotional, social and physical wellbeing	
3	Peer pressure - 'back me up' resource <a href="https://www.childnet.com/resources/pshe-toolkit/crossing-the-line/peer-pressure/back-me-up">https://www.childnet.com/resources/pshe-toolkit/crossing-the-line/peer-pressure/back-me-up</a>	Mental, emotional, social and physical wellbeing	
4	Sexual health and relationships - SHARE resource pack.	Sexual health	

5	Drugs and substance misuse -Rachel Millers Diary resource VSA	Substance misuse	
6	Bullying	Mental, emotional, social and physical wellbeing	
7	Internet safety	Mental, emotional, social and physical wellbeing	
8	Role models	Planning for choices and changes	
9	Careers/options	Planning for choices and changes	
10	Alcohol	Substance misuse	
11	No knives better lives	Mental, emotional, social and physical wellbeing	
S3			
1	Mental health conditions/S3 PMA	Mental, emotional, social and physical wellbeing	
2	Gender - difference between gender/sex/sexual orientation/gender expression etc	Mental, emotional, social and physical wellbeing	
3	Internet safety/ sexting/Cyber bullying - gone too far resource - <a href="https://www.childnet.com/resources/pshe-toolkit/crossing-the-line/cyberbullying/gone-too-far">https://www.childnet.com/resources/pshe-toolkit/crossing-the-line/cyberbullying/gone-too-far</a>	Mental, emotional, social and physical wellbeing	
4	SHARE year 2	Sexual health	
5	Pregnancy and contraception	Sexual health	
6	Gambling	Mental, emotional, social and physical wellbeing	
7	S3 SPICE - alcohol and risky behaviour, drink spiking	Substance misuse	
8	Smoking	Substance misuse	

9	Legal Highs	Substance misuse	
10	Thinking about a career/options	Planning for choices and changes	
11	Abortion	Sexual health	
12	No knives better lives	Mental, emotional, social and physical wellbeing	
S4			
S4 1	Employability	Planning for choices and changes	
2	Sexual Health C Card-relationship rights/consent/The law	Sexual health	4-8 lessons
3	Work experience - using WORKIT to gain accreditation	Planning for choices and changes	
4	Mental health/S4 PMA Self esteem - 'talking heads' <a href="https://www.childnet.com/resources/pshe-toolkit/crossing-the-line/self-esteem/talking-heads">https://www.childnet.com/resources/pshe-toolkit/crossing-the-line/self-esteem/talking-heads</a>	Mental, emotional, social and physical wellbeing	
5	No Knives Better Lives	Mental, emotional, social and physical wellbeing	
6	Study skills	Planning for choices and changes	
S5			
1	No Knives Better Lives	Mental, emotional, social and physical wellbeing	
2	PMA/suicide/stress and anxiety/self esteem/self harm	Mental, emotional, social and physical wellbeing	
3	Sexual Health - domestic abuse/coercive control	Sexual health	
4	Mentors in violence prevention	Mental, emotional, social and physical wellbeing	
5	Careers/further education/CVs	Planning for choices and changes	
6	Gender Identity/ sex and the law/Contraception/STI's	Sexual health	4-6 lessons

7	Substance Misuse-SPICE	Substance misuse	
8	Considering further education - watched Ayrshire college videos about foundation apprenticeships, college courses etc.	Planning for choices and changes	
S6			
S6 1	UCAS/College Personal Statements	Planning for choices and changes	
2	PMA	Mental, emotional, social and physical wellbeing	
3	Sexual Health - consent/parenting and choice/Rape, sexual assault/Gender discrimination	Sexual health	4-6 lessons
4	Driver Safety	Mental, emotional, social and physical wellbeing	
5	Female wellbeing- breastfeeding, bottle-feeding, cervical smears, breast checking...	Mental, emotional, social and physical wellbeing	
6	Male Wellbeing - testicular cancer, prostate cancer, male suicide, body image....	Mental, emotional, social and physical wellbeing	
7	FASD and drug affected babies - using the simulator dolls from Afton House	Substance misuse	
8	LGBT	Mental, emotional, social and physical wellbeing/sexual health	