

Year 5

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Who Influences Me?	What is Emotional Health?	Keeping Secrets	Careers in Construction	MEDWAY - RSE Lesson 1 - Time to Change	DRUG & ALCOHOL - Medicines
Do Right Thing	Ups and Downs of the day	Underwear Rule (PANTS)	Careers in Retail	MEDWAY - RSE Lesson 2 - Menstruation and Wet Dreams	DRUG & ALCOHOL - Legal and Illegal drugs
Teamwork	Getting Help	Online Safety	Careers in Public Sector	MEDWAY - RSE Lesson 3 - Personal Hygiene	DRUG & ALCOHOL - Managing risk
Diversity and Equality	Coping with Change	Online Safety	Goals and Aspirations	MEDWAY - RSE Lesson 4 - Emotions and Feelings	DRUG & ALCOHOL - Managing risk:
Inclusion	Coping with Stress	Online Safety	Skills needed in the workplace	The importance of an active lifestyle. Balance	The Sleep Factor
Anti-Bullying 'Helping Hands' Lesson	Self-Esteem	Assessment Activity/Consolidation	Assessment Activity/Consolidation	Gaming or Gambling - Resources - Parent Zone	Sun Safety Ready for Summer - Information from Sun Safe Schools

Year 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Diversity	RSE MEDWAY Lesson 1 - Puberty: Recap and Review	Coping Strategies	Making Sense of Relationships - Changing friendships	Newswise Lesson 3 Managing Feelings about the news	Childnet Trust Me L1: Can you trust everything you see/read online?
Rights and Responsibilities	RSE MEDWAY Lesson 2 - Change and becoming independent	Coping Strategies	Making Sense of Relationships - Healthy Online Friendship	Newswise Lesson 5 - Spotting Fake News	Childnet Trust me L2. Can you trust everyone who contacts you online?
Gender Stereotypes	RSE MEDWAY Lesson 3 - Positive and Healthy Relationships	Being Assertive	Mental Health and Wellbeing 1 - Mental Health and Keeping Well	Newswise Lesson 6 - Understanding that news is targeted	Mediasmart - Digital advertising
Setting SMART Goals Lesson	RSE MEDWAY Lesson 4 - How a Baby is Made	Nutrition	Mental Health and Managing Challenges and Change	BBFC - What can we watch? Can we choose what to watch?	Disrespect NoBody – Lesson 1 Relationship Abuse
Setting SMART Goals Lesson	Menstruation	Dental Health	Loss and Bereavement	Exploring Risk - Gambling	Domestic Abuse Lesson - Courtroom Game
Premier League Primary Stars Resilience 1x	Rise Above Sleep	Consolidation and Assessment	Consolidation and Assessment	Exploring Risk - Cahncing It	Mental Health L3 - Transition to KS3

Year 7

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Barclays Money Skills - Recognise your money personality	Rise Above Sleep KS3	Mental Health and Wellbeing KS3 - Attitude to Mental Health	Careers - Leadership	Medway RSE Healthy relationships Y7 L2	Crossing The Line - Cyberbullying
Barclays Money Skills - Understand Bank Accounts	Bullying and Cyber-Bullying	Mental Health and Wellbeing KS3 - Online Wellbeing	Careers - Innovation and Ideas	Medway RSE Introducing Consent Y7 L3	Talking Heads - Self Esteem
Barclays Money Skills - Money Habits & Online Safety	Dealing with Feelings - Let it out	Consensual and Non-Consensual sharing of nudes and semi-nudes	Careers - Apprenticeships	Home Office Disrespect Nobody Lesson 2 - Consent	Myth Vs Reality - Body Image
Understand Fraud	Dealing with Feelings - Agressions	Rise Above Alcohol	Careers - Jobs in Agriculture	NSPCC Making Sense of Relationships - Gender Stereotypes	KS3 Smashing Stereotypes & Feeling Proud
Identify Fraud	Dealing with Feelings - Self-Harm Myths and facts	Rise above Smoking/Drugs	Careers - Jobs in Engineering	Rise above Body Image	Disability Discrimination
Bank of England	Dental Health	Consolidation and Assessment	Careers - Jobs in Health Care	Unwritten Rules and managing conflict - Domestic abuse	Making Sense of Relationships - Safer Online Relationships x1

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Long Term Career Goal	BBFC Deciding what to watch	Medway RSE Y8 Sexual Orientation and Gender Identity	RUN HIDE TELL	PSHE Assoc. Mental Health and Wellbeing Lesson 4 - Unhealthy Coping Strategies - Self Harm and Eating Disorders	Barclays Lifeskills - Recognising and building Personal Skills
Skills and Aspirations	Trust Me Secondary Online Content	Medway RSE Y8 Relationship Values	First Aid	PSHE Assoc. Mental Health and Wellbeing Lesson 5- Healthy Coping Strategies	Barclays Lifeskills -Setting Goals
Overcoming Challenge	Trust Me Secondary Propaganda	Medway RSE Y8 Introduction to Consent	BBFC Realtionships on Screen	Merge Samaritans D. Connecting with others 3. Barriers to seeking help and 4. Supporting a friend	Barclays Lifeskills - Adaptability
Creativity and Communication	Trust Me Secondary Online Contact	Medway RSE Y8 Introduction to Contraception Ppt	BBFC Sexualisation on Screen	Merge Samaritans D. Connecting with others 8. Talking Helps, 9. Who are Samaritans, 10, Barriers to asking for help and 11. Helping my friends	Barclays Lifeskills - Staying positive (Resilience)
	Positive Friendships	Medway RSE Y8 Parenting	My Sense of Self - Body Image and Self esteem	Domestic Abuse - An Introduction.	Rise Above Transition to High School
Proactive and Problem Solving					
Online Presence	Home Office Knife Free	Consolidation and Assessment	Media Smart - Influencer Marketing	Forward FGM	Rise above - Exam Stress