

Unit	Lesson plan
Me and My Relationships	Working together
Me and My Relationships	Let's negotiate (OPTIONAL)
Me and My Relationships	Solve the friendship problem
Me and My Relationships	Dan's day (OPTIONAL)
Me and My Relationships	Behave yourself
Me and My Relationships	Assertiveness skills
Me and My Relationships	Don't force me
Me and My Relationships	Acting appropriately
Valuing Difference	OK to be different
Valuing Difference	We have more in common than not
Valuing Difference	Respecting differences
Valuing Difference	Tolerance and respect for others
Valuing Difference	Advertising friendships!
Valuing Difference	Boys will be boys? - challenging gender stereotypes
Keeping Safe	Think before you click!
Keeping Safe	It's a puzzle (OPTIONAL)
Keeping Safe	To share or not to share?
Keeping Safe	Rat Park

Keeping Safe	What sort of drug is...?
Keeping Safe	Drugs: it's the law!
Keeping Safe	Alcohol: what is normal?
Keeping Safe	Joe's story (part 1) (OPTIONAL)
Rights and Respect	Two sides to every story
Rights and Respect	Fakebook friends
Rights and Respect	What's it worth?
Rights and Respect	Jobs and taxes (OPTIONAL)
Rights and Respect	Happy shoppers - caring for the environment
Rights and Respect	Action stations! (OPTIONAL)
Rights and Respect	Project Pitch (parts 1 & 2) (OPTIONAL)
Rights and Respect	Democracy in Britain 1 - Elections
Rights and Respect	Democracy in Britain 2 - How (most) laws are made
Rights and Respect	Community art (OPTIONAL)
Being my Best	This will be your life!
Being my Best	Our recommendations
Being my Best	What's the risk? (1)
Being my Best	What's the risk? (2)
Being my Best	Basic first aid, including Sepsis Awareness

Being my Best	Five Ways to Wellbeing project
Growing and Changing	I look great!
Growing and Changing	Media manipulation
Growing and Changing	Pressure online
Growing and Changing	Helpful or unhelpful? Managing change
Growing and Changing	Is this normal?
Growing and Changing	Making babies
Growing and Changing	What is HIV? (OPTIONAL)
Growing and Changing	Online Sexual Content (OPTIONAL)

Key Vocabulary

teamwork, collaboration

compromise, negotiation

respectful, assertive, balanced friendship

excluded, sensitive, thoughtful, response, disrespect

resolution, assertiveness, rejected

assertiveness, peer pressure, controlling, abuse, neglect

marriage, civil partnership, forced marriage, illegal, preferences, abuse

assertive, illegal, appropriate, inappropriate, bystander, upstander

confidence, witness, unique, problem, compromise, conflict, negotiate, isolated, bystander, positive feedback, self-esteem, self-worth, insecure, solution

unique, prejudice, assertive, stereotype, discrimination, sexual orientation, gender identity, gender expression, biological sex, diversity

respect, body language, point of view, empathy, cultural norms, disrespect

respect, unique, identity, prejudice, discrimination, diversity, tolerance

friend, relationships, acquaintance

prejudice, assertive, stereotype, discrimination, gender stereotype, media influence, assumption, upstander, digital platforms

sharing, online safety, social media, parental consent, trolling, misinformation, disinformation, digital footprint, bot, troll, digital tattoo

privacy settings, identity theft, secure, digital footprint, digital tattoo, online sharing

permission, illegal, trolling, right to privacy, sharing online, sexual images, sexting, nudes, digital footprint, digital tattoo

emotional needs, habit, addiction

drug, illegal, legal, medical, non-medical

illegal, drug laws, age restrictions, possess, supply, produce, penalties

risks, alcohol, norms, short-term effects, long-term effects

aggressive, assertive, emotional needs, passive, self-esteem, physical needs, controlling, neglect

fact, opinion, assertive, stereotype, biased, unbiased

sharing, profile, online safety, social media, image

saving, interest, bank (building society) account, Junior ISA, debit card, cash, value, online gaming, digital resilience

VAT, public services, income tax (PAYE), tax

energy, recycling, waste, re-use, Fairtrade, environmentally sustainable, composting, materials, transport, shop local, food miles

voluntary group, community group, pressure (action) group, mission statement, values, beneficiary

mission statement, beneficiary, campaign bid, pitch, grant

democracy, elections, manifesto, voting booth, voting, candidate, policies, ballot slip, ballot box, constituencies, House of Commons, MP

debate, penalties, House of Commons, proposal, amendments, enforcement, majority, House of Lords, Royal Assent

community, valued

perseverance, aspirations, goal setting

wellbeing, reliable, accurate, sources, health, misinformation, disinformation

assessing risk, self-esteem, weigh up, dilemma, controlling, neglect, self-worth

choices, influence, assessing risk, weigh up, misinformation, online behaviours

feelings, adult, calm, first aid, emergency, unresponsive, life skill, sepsis, Red Cross, ambulance, operator, information, serious, scenario, script, role, panic, responsive

wellbeing, connect, be active, take notice (mindful), give, keep learning (get creative)

body image, manipulation, self esteem, deepfake, digital media, self-worth

assertive, stereotype, gender stereotype, media manipulation, gender reassignment (protected characteristic)

online safety, peer pressure, right to privacy, sharing online

change, support, conversation, discuss

testicles, puberty, vagina, penis, hormones, vulva, friends, nipples, scrotum, identity, spots, If using the film clips, the following words are also used:, periods, rights, mood swings, FGM/cuts to the vulva, period products, emotional changes, physical changes, FGM, voice deepening, Puberty and finding out who you are:, manage emotions, feeling funny sexually, start to have questions about sex, sexual reaction, more independence, increased weight

egg, ovaries, sperm, testicles, puberty, vagina, penis, orgasm, embryo, womb, sexual intercourse, consensual, condom, surrogacy, adoption, IVF, age of consent, miscarriage, conception, consensual relationship, hug, cuddle, kiss, erection, vaginal wetness, excited, pleasurable feeling, implant, pregnancy, birth, caesarean, cut, labour, muscles, cervix, hips widen, wet dreams, loving relationship

vagina, womb, condom, cervix, semen, vaccination, prejudice, infection, medication, HIV, immune system, virus, transmission, sharing needles, sexual contact, Human immunodeficiency virus, illness, sexual activity, vaginal fluids, lifelong condition, life threatening, sharing of needles, blood transfusions, Human papilloma virus, cancer, antibodies

vagina, penis, orgasm, sexual intercourse, consensual, condom, conception, consensual relationship, hug, cuddle, kiss, erection, vaginal wetness, excited, pleasurable feeling, loving relationship, respectful, online sexual content