

Theme	Key Topics Covered
Transition & Wellbeing	Settling into secondary school, managing change, emotional wellbeing, resilience, goal setting, positive thinking, and healthy coping strategies.
Friendships & Relationships	Building healthy friendships, recognising unhealthy behaviours, bullying and bystander behaviour, empathy, communication, and managing conflict.
Families & Growing Up	Changing family relationships, puberty, physical and emotional development, menstrual and testicular health, and understanding different family structures.
Personal Safety	Recognising abuse, trusted adults, staying safe, seeking support, personal boundaries, and age-appropriate consent.
Relationships & Media	The influence of peers, social media and online content on relationships, developing critical thinking, and making informed choices.
Financial Literacy	Budgeting, spending decisions, employment, inflation, consumer awareness, and developing responsible money management skills.