

Theme	Key Topics Covered
Life-long Wellbeing	Mental wellbeing, managing stress and exam pressure, healthy coping strategies, seeking support, and managing change, loss and grief.
Drugs & Personal Safety	Drug and alcohol education, managing influence, gang awareness, personal safety, risk assessment and help-seeking strategies.
Relationships & Sexual Health	Healthy and unhealthy relationships, boundaries, conflict resolution, contraception, sexual health, power and control, and recognising abusive behaviours.
Families & Future Life	Committed relationships, marriage, parenting, fertility, routes to parenthood, pregnancy outcomes and pregnancy choices.
Managing Health	Basic life support, vaccinations, organ, blood and stem cell donation, body modifications, cosmetic procedures, and maintaining lifelong physical health.