

Theme	Key Topics Covered
Mental Wellbeing	Managing emotions, building resilience, coping with stress and setbacks, healthy coping strategies, and recognising when to seek support.
Drug Education	Vaping, alcohol, cannabis, understanding the law, managing peer influence, assessing risk, and making informed health choices.
Safety & the Law	Serious and organised crime, cybercrime, exploitation, personal safety, legal responsibilities, and recognising and managing risk.
Healthy Relationships	Consent, relationship values, contraception, sexual health, respectful communication, and managing relationship endings.
Online Safety & Digital Citizenship	Deepfake AI, image sharing, online misogyny, digital manipulation, critical thinking, and responding safely to online harms.
Future Choices	GCSE options, career aspirations, recognising personal strengths, managing an online reputation, and preparing for future education and employment.