

PSHE- Healthy Living and Wellbeing

November '23 to Dec '23

Year 7	Lesson topic	Tutor time topic
Lesson 1	Body image and peer pressure	Teenagers blame social media for anxiety over body image
Lesson 2	Body image and eating disorders	The Truth About Male Body Image Issues
Lesson 3	A healthy lifestyle	Ed Sheeran reminds us that eating disorders affect men, too
Lesson 4	The dangers of energy drinks	How to keep good mental health
Lesson 5	Smoking and vaping	Keeping safe online
Lesson 6	Class A, B and C drugs	Drugs: Navigating the Treacherous Waters of Teenage Temptations
Lesson 7	Consolidation	

Year 8	Lesson topic	Tutor time topic
Lesson 1	Mental and physical changes in puberty	The teenage battle with acne
Lesson 2	Mental health and mindfulness	Mindfulness: the teenager's guide to not losing your mind
Lesson 3	Teens and prejudice in the media	Building resilience: a vital skill for teenagers
Lesson 4	Personal safety and first aid	Navigating the Digital Frontier: A Teen's Guide to Staying Safe Online
Lesson 5	Teen pregnancy	Drugs: Navigating the Treacherous Waters of Teenage Temptations
Lesson 6	Cancer awareness	Hygiene for teens: why it's empowering
Lesson 7	Consolidation	

Year 9	Lesson topic	Tutor time topic
Lesson 1	Vaccinations and organ donation	Blood donation: give blood, save lives
Lesson 2	Drugs and the law	Drugs: Navigating the Treacherous Waters of Teenage Temptations
Lesson 3	Acid attacks	Understanding the Rollercoaster: Women's Hormone Cycle and Its Impact on Mood
Lesson 4	The pros and cons of selfies	The teenage battle with acne
Lesson 5	Self harm and Anxiety	Building resilience: a vital skill for teenagers
Lesson 6	Self-esteem and body positivity	Mindfulness: the teenager's guide to not losing your mind
Lesson 7	Consolidation	

Year 10	Lesson topic	Tutor time topic
Lesson 1	Social media and self esteem	The Media's Unfair Portrayal of Teens: A Crisis of Representation
Lesson 2	Mental health and suicide	Building resilience: a vital skill for teenagers
Lesson 3	The harmful effects of binge drinking	Drugs: Navigating the Treacherous Waters of Teenage Temptations
Lesson 4	The harmful effects of smoking and vaping	Self-care: more than just bubbles and bath bombs!
Lesson 5	Tattoos and piercings	Blood donation: give blood, save lives
Lesson 6	Managing screen time	The impact of social media on our health
Lesson 7	Consolidation	

Year 11	Lesson topic	Tutor time topic
Lesson 1	Healthy and unhealthy relationships	Drugs: Navigating the Treacherous Waters of Teenage Temptations
Lesson 2	Gambling and online gaming	Cash, Coins, and Credit: A Guide to Navigating Your Teenage Finances
Lesson 3	The dangers of how sex is portrayed online	Understanding the Rollercoaster: Women's Hormone Cycle and Its Impact on Mood
Lesson 4	Identity and diversity	The Boundaries of Free Speech: Why You Can't Say Whatever You Like
Lesson 5	Obesity and body positivity	Bigorexia and Eating Disorders in Teen Boys: Recognizing the Signs
Lesson 6	How does privilege affect us?	Blood donation: give blood, save lives