

YOUR HEALTH EDUCATION JOURNEY

Five Year Roadmap to Health Education



Year 7

1. Road Safety
2. Consent and Grooming
3. New Friends Online
4. Hygiene
5. Puberty and Period Poverty
6. Healthy Lifestyle

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Year 8

1. Grooming
2. Substance abuse
3. Smoking and vaping
4. County Lines
5. Mental Health - Body Image, Eating Disorders
Self Esteem

8

Year 9

1. Alcohol and Drug Abuse
2. Vaping and Vape Spiking
3. Gambling
4. Exploitation
5. Pregnancy and Contraception
6. Sexual Consent

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Year 10

1. Consent
2. Sexting and Revenge Porn
3. Child Sexual Exploitation
4. Rape
5. Date Rape
6. Contraception
7. STIs
8. HIV and AIDS
9. Porn
10. Body Image
11. Cancer Screenings
12. Alcohol

13. Drugs
14. Organ Donation
15. Road Safety
16. County Lines
17. Gambling
18. Finances and Debt

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Year 11

1. Healthy Relationships
2. Cosmetic Body
3. Dealing with Unwanted Attention
4. Domestic Violence