

Cit-Com: Topics Covered

Key:

- LWW: Living in the Wider World
- RSE: Relationships Education
- H&W: Health and Wellbeing

Year 7

Theme	Lesson Title
LWW	Aspirations
LWW	The Importance of Self-Esteem
LWW	Wants and Needs
LWW	Prejudice and Discrimination
LWW	Budgeting
LWW	Keeping Safe Online
RSE	Maintaining Friendships and Avoiding Toxic Ones
RSE	Types of Families and Long-Term Commitments
RSE	Romance, Love, New Feelings, and Teen Relationships
RSE	Bullying or Banter?
RSE	Preventing Online Bullying
RSE	Keeping Safe and Positive Relationships
H&W	Healthy Living Introduction
H&W	Keeping a Balanced Diet
H&W	FGM - Female Genital Mutilation
H&W	Puberty: What happens and what's normal?
H&W	Energy Drinks
H&W	Mental Health and Depression

Year 8

Theme	Lesson Title
LWW	Finance: Income and Expenditure
LWW	Finance: Budgeting and Saving
LWW	Finance: Tax and NI
LWW	Careers Skills: Entrepreneurs

LWW	Careers Skills: Teamwork
LWW	Careers Skills: Communication
H&W	Vaping, Nicotine, and Addiction
H&W	Cancer Awareness
H&W	Personal Safety and First Aid
H&W	Teenage Pregnancy
H&W	Mindfulness
H&W	Emotional Literacy and Self-Awareness
RSE	Consent
RSE	Sexting and Image Share Danger
RSE	Male Body Image
RSE	Domestic Conflict
RSE	STIs
RSE	Contraception

Year 9

Theme	Lesson
RSE	Child Sexual Exploitation
RSE	Abusive Relationships
RSE	Peer Pressure
RSE	The LGBTQAI+ Community
RSE	Body Image
RSE	Eating Disorders
LWW	Avoiding Debt
LWW	Our Rights as Consumers
LWW	Preparing for the World of Work
LWW	Enterprising Skills and Qualities
LWW	Workplace Skills
LWW	Taking Control of My Future
H&W	Alcohol Awareness
H&W	Drugs and the Law
H&W	Acid Attacks

H&W	Self Harm
H&W	Coping with Stress
H&W	Managing Anxiety

Year 10

Theme	Lesson Title
RSE	Forced and arranged marriages
RSE	Harassment and stalking
RSE	Same sex relationships
RSE	Gender and trans identity
RSE	Sexism
RSE	Conflict management
LWW	The right career for me
LWW	Careers in STEM
LWW	Preparing for work experience
LWW	Why do we need an International Women's Day?
LWW	Anti-social behaviour
LWW	County Lines
H&W	Managing grief and bereavement
H&W	Managing social anxiety
H&W	Social media and self esteem
H&W	Suicide
H&W	Screen time
H&W	Managing time effectively

Year 11

Theme	Lesson
H&W	Why is PSHE important?
H&W	Obesity and Body Positivity
H&W	The Importance of Sleep
H&W	Digital Footprint
Study Skills	Spaced Revision

RSE	Types of Relationships
RSE	Consent, Rape, and Sexual Abuse
RSE	What is good sex?
RSE	Relationship Breakups
Study Skills	Successful Students
LWW	Pollution, Plastic, and the Environment
LWW	Internet Safety: The Dark Web
LWW	Applying to College or University
LWW	Preparing for Job Interviews