

WELLBEING AT ELTHAM COLLEGE

2025-2026



ELTHAM COLLEGE





Introduction

This booklet provides information to parents about the content of the Wellbeing Programmes at Eltham College. If you have any questions relating to this, please contact the Head of Wellbeing, Mrs Nicola Bilsby (njb@eltham-college.org.uk).

Wellbeing Ethos

At Eltham College – our Wellbeing programmes are based around the principles of our 5 Rs of Wellbeing. These help us to ensure that our Wellbeing lessons cover a range of themes, encompassing topics that will support the all-round development of each student.



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RESPECT

Developing an understanding of personal core values, and an awareness of diversity and equality in all its forms.



RELATIONSHIPS

Understanding and managing different types of relationships, including friendships and intimate relationships, and identifying unhealthy relationships including bullying, persuasion and coercion.



RESPONSIBILITY

Making healthy lifestyle choices, and being able to identify, assess and manage risk in order to keep themselves and others safe.



RESILIENCE

Managing change and developing the skills and strategies to cope with challenging circumstances and being able to reflect on and evaluate the impact of the choices made.



READINESS

Understanding a range of career and life pathways, developing the skills need for independence and understanding the wider world.



Curriculum Structure

In Years 7 to 9, each form group has one period of Wellbeing each week, which is delivered by their Form Tutor according to a scheme of work. Details of the topics to be covered throughout the year can be seen on the pages that follow.

In Years 10 and 11, students have a double period Wellbeing lesson each week (for Year 10 lessons alternate on a half-termly basis with Physical Education) taught in tutor groups. The outline topic areas for Year 10 and 11, and the programme for the year are shown overleaf. These lessons are delivered by a team of specialist Wellbeing teachers.

The Sixth Form Wellbeing programme will be taking place for both Year 12 and Year 13 throughout the term. The content overview is shown in this booklet. These lessons will take place during their weekly Monday/Tuesday afternoon year group meeting slots on the timetable.

The Wellbeing curriculum for all year groups is supported by visiting speakers. Where visiting speakers are used to supplement classroom lessons, additional information about the providers that we use will be made available in advance.



Year 7 Wellbeing Programme

Michaelmas Term 1 Programme

01-Sep	2.1 How is Year 7 different? <ul style="list-style-type: none">• be able to describe the changes they are experiencing as a secondary school student• be able to identify ways to support themselves and other students who are new to the school.
08-Sep	ELTHAM CONSTITUTION <ul style="list-style-type: none">• be able to understand the Eltham Constitution• be able to explain the values that are important to us at Eltham College• understand how to contribute to upholding the Eltham Constitution
15-Sep	9.1 Who am I? <ul style="list-style-type: none">• know what is meant by 'identity'• be able to state some things that make up someone's identity. 10.1 Understanding our communities <ul style="list-style-type: none">• understand that there are different groups in their communities• identify similarities and differences between themselves, their classmates and others• be able to state how they are unique.
22-Sep	10.2 How do I feel about 'difference'? <ul style="list-style-type: none">• be able to reflect on 'difference' and what it means to individual people• be able to explain how prejudice might be challenged.
29-Sep	9.5 Stereotypes <ul style="list-style-type: none">• be aware of the negative consequences of stereotypes and prejudice.
06-Oct	2.2 What happens at puberty? <ul style="list-style-type: none">• consider the physical and emotional changes of puberty• increase their confidence to be able to cope with these changes.
13-Oct	BLACK CULTURE CELEBRATION ACTIVITIES <ul style="list-style-type: none">• participate in a range of activities to explore the Black History Month theme of pride reflecting cultural identity, heritage, and the celebration of Black excellence.



Michaelmas Term 2 Programme

03-Nov	FRIENDSHIP <ul style="list-style-type: none">to understand the nature of friendshipto reflect on our strengthsto identify the importance of having a variety of social and personal relationships
10-Nov	3.1 What are the different types of relationships? <ul style="list-style-type: none">be able to name different types of relationshipsbe able to identify some of the qualities needed to maintain good relationshipsunderstand that most relationships go through positive and negative phases, and need to be maintained.
17-Nov	8.4 Bullying <ul style="list-style-type: none">be able to identify strategies for the prevention of bullying, including cyberbullyingunderstand the importance of speaking out against bullying.
24-Nov	6.1 What are 'emotional wellbeing' and 'mental health'? <ul style="list-style-type: none">understand what 'emotional wellbeing' and 'mental health' are.
01-Dec	WORLD AIDS DAY ACTIVITIES
	6.2 What is resilience? <ul style="list-style-type: none">identify what affects their confidence and self-esteembe able to describe how resilience can help them.

Lent Term 1 Programme

12-Jan	7.1 What do we need to keep healthy? <ul style="list-style-type: none">be able to say what 'being healthy' meansbe able to explain the importance of healthy routines in life.
19-Jan	8.1 What do we mean by risk? <ul style="list-style-type: none">understand what 'risk' can meanunderstand what is meant by 'risking on purpose'be aware of online risks.
26-Jan	5.1 Drugs - an introduction <ul style="list-style-type: none">be able to explain the word 'drug'be able to name different types of drugsbe able to discuss what influences their perception of drug use and how this can differ from reality.
02-Feb	5.2 Drugs and the law <ul style="list-style-type: none">be able to give some facts about the Misuse of Drugs Act 1971 (and subsequent amendments)be able to identify situations where people may be breaking the law.
09-Feb	ONLINE SAFETY <ul style="list-style-type: none">understand that pornography can show a stereotypical portrayal of relationships, bodies, gender and sex.discuss and develop strategies for resisting pressure to view pornography.know where they can go to find reliable information about sex and relationships.

Lent Term 2 Programme

23-Feb	11.2 How do I work best with others? <ul style="list-style-type: none">understand that people have multiple roles and responsibilities in societyunderstand how different roles help make a group successfulbe able to describe why positive relationships are helpful when working in groups.
02-Mar	THINKING SKILLS PROJECT <p>The Year 7 Thinking Skills project will provide students with the opportunity to work in groups to research and produce a presentation or artefact relating to the Universal Declaration of Human Rights from a range of different perspectives, including:</p> <ul style="list-style-type: none">The History of the Universal Declaration of Human RightsArticles 13 and 14: We all have the right to move freely within our country, and to visit and leave other countries when we wish. If we are at risk of harm, we have the right to go to another country to seek protection.Article 19: Everyone has the right to their own opinions, and to be able to express them freely. We should have the right to share our ideas with who we want, and in whichever way we choose.Article 25: We all have the right to enough food, clothing, housing and healthcare for ourselves and our families.Article 26: Everyone has the right to education.
09-Mar	
16-Mar	
23-Mar	This project is delivered by our school librarian, Mrs Hans, and will involve an introduction to research as well as group collaboration to complete the project.

Summer Term 1 Programme

20-Apr	STEPHEN LAWRENCE DAY ACTIVITIES <ul style="list-style-type: none">understand the circumstances around Stephen's death, and what this shows us about attitudes towards racism
27-Apr	12.1 How do I save and how do I budget? <ul style="list-style-type: none">understand that managing their money can help them savebe able to set up a budget to cope with the unexpected.
04-May	12.2 What influences our spending? <ul style="list-style-type: none">be able to identify some of the reasons why they spend moneybe able to explain why they choose to support different kinds of shopsunderstand how price and competition affect their consumer decisionsunderstand how their consumer decisions affect other people.
11-May	MINDFULNESS FOR EXAMS <ul style="list-style-type: none">be able to use a range of techniques to manage feelings of nerves and anxiety around examsunderstand how feelings of stress can be positive, and how to respond if they become too much
18-May	EXAM WEEK



Summer Term 2 Programme

01-Jun	4.4 Conception, pregnancy and birth <ul style="list-style-type: none">• be able to explain the link between lifestyle and fertility• understand how fertilisation leads to pregnancy and birth• be able to identify choices around pregnancy.
08-Jun	What is "equality"? <ul style="list-style-type: none">• be able to identify groups that may experience discrimination• understand how those groups may feel and how their life may be impacted by discrimination• be aware of the Equality Act and how this provides protection from discrimination
15-Jun	11.1 What are my aspirations? <ul style="list-style-type: none">• describe what 'aspirations' are• be able to discuss their own aspirations.
22-Jun	FIELD WEEK
29-Jun	11.4 Goal setting <ul style="list-style-type: none">• be thinking about the positive things they want in the future• have created steps to help them achieve their goals• know how to turn steps into targets.



Year 8 Wellbeing Programme

Michaelmas Term 1 Programme

01-Sep	ELTHAM CONSTITUTION <ul style="list-style-type: none">• be able to understand the Eltham Constitution• be able to explain the values that are important to us at Eltham College• understand how to contribute to upholding the Eltham Constitution
08-Sep	8.1 Individual, family and community values <ul style="list-style-type: none">• be able to explain why people have different values• be able to explain the values that are important to you• be able to explain what British values are and give your own opinion about them.
15-Sep	10.3 How can we value each other? <ul style="list-style-type: none">• be able to talk about the communities that they belong to• be able to recognise similarities and differences between themselves and others• value the similarities between people.
22-Sep	10.4 What makes a successful community? <ul style="list-style-type: none">• be able to identify the communities they belong to• be able to suggest some guidelines for successful community life• understand what qualities improve community life.
29-Sep	10.5 What can cause problems in communities? <ul style="list-style-type: none">• be able to consider problems from more than one point of view• understand the importance of talking and negotiating in solving problems• be able to describe the role of mediation in problem-solving.
06-Oct	10.6 Hate crime and radicalisation <ul style="list-style-type: none">• be able to define hate incidents and hate crime• describe the potential consequences for people convicted of hate crime• understand what is meant by 'radicalisation'.
13-Oct	BLACK CULTURE CELEBRATION ACTIVITIES <ul style="list-style-type: none">• participate in a range of activities to explore the Black History Month theme of pride reflecting cultural identity, heritage, and the celebration of Black excellence.



| Michaelmas Term 2 Programme

03-Nov	<p>9.2 What does family mean?</p> <ul style="list-style-type: none">• be able to identify different types of families• understand some of the roles and responsibilities of parents and guardians with respect to raising children• describe how family relationships can affect wellbeing. <p>9.3 How can I contribute to family life?</p> <ul style="list-style-type: none">• understand that both adults and children have roles and responsibilities within families• have practised the social skill of appreciation.
10-Nov	<p>9.6 Faith and values</p> <ul style="list-style-type: none">• be able to describe what ‘faith’ and ‘values’ are and where they come from• be able to say what values they hold.
17-Nov	<p>2.6 Why are friends important?</p> <ul style="list-style-type: none">• understand that relationships affect everything they do• understand that positive friendships are important in their lives• understand that friendships can cause strong feelings and emotions
24-Nov	<p>3.2 What is a healthy relationship?</p> <ul style="list-style-type: none">• be able to say what makes a healthy relationship• be able to identify the warning signs of an unhealthy relationship. <p>3.3 Communication skills</p> <ul style="list-style-type: none">• know how to express themselves clearly, share feelings openly and listen to others• be able to explain what ‘assertiveness’ is.
01-Dec	WORLD AIDS DAY ACTIVITIES
08-Dec	<p>8.2 How do we manage risky situations?</p> <ul style="list-style-type: none">• be able to identify some ways to keep themselves safe on- and offline. <p>8.3 Being assertive and dealing with pressure</p> <ul style="list-style-type: none">• know how to use good communication skills to help reduce risks• be able to demonstrate strategies to deal with pressure from others.





Lent Term 1 Programme

12-Jan	2.3 Menstrual Wellbeing <ul style="list-style-type: none">• understand the changes that occur with menstruation• be able to identify ways to manage menstruation 2.4 Personal Hygiene <ul style="list-style-type: none">• understand the importance of personal hygiene• be able to identify ways of achieving and maintaining healthy hygiene practices.
19-Jan	4.1 Choices around sex <ul style="list-style-type: none">• be able to give reasons why people have sex• understand their choices around sex• be able to explain some of the issues surrounding 'early sex'.
26-Jan	4.2 Pornography and sexting <ul style="list-style-type: none">• be able to explain how pornography affects lives• be able to identify the risks and implications of sexting. 4.3 Sex and the Law <ul style="list-style-type: none">• be able to explain 'consent' and why it is so important• be able to state some laws around sex.
02-Feb	8.7 Female genital mutilation (FGM) <ul style="list-style-type: none">• have some understanding of the concepts of, and laws relating to, female genital mutilation (FGM).
09-Feb	FILTER BUBBLES <ul style="list-style-type: none">• What a filter bubble is;• How and why they happen;• The impact they can have on both individuals and society;• The importance of different perspectives.

Lent Term 2 Programme

23-Feb	FAKE NEWS <ul style="list-style-type: none">• Explore how media has changed since the 1900s.• Analyse the impact this has had on how people consume news.• Review some fake news stories that have gone viral and considering the impact these stories might have.
02-Mar	11.3 Skills for working with others <ul style="list-style-type: none">• understand what good listening skills are• have practised speaking and listening to others
09-Mar	11.5 How do I plan for my future? <ul style="list-style-type: none">• be able to describe the difference between a 'job' and a 'career'• know what careers might suit them in the future• know how they might begin to plan a career.
16-Mar	12.3 How enterprising am I? <ul style="list-style-type: none">• have worked with others to practise the skills of creating a new business• be able to identify ideas and methods to promote new business ideas• have used the skills of problem-solving and action-planning.
23-Mar	ENTERPRISE PROJECT <ul style="list-style-type: none">• be able to develop enterprise ideas in order to present a pitch for their chosen product.

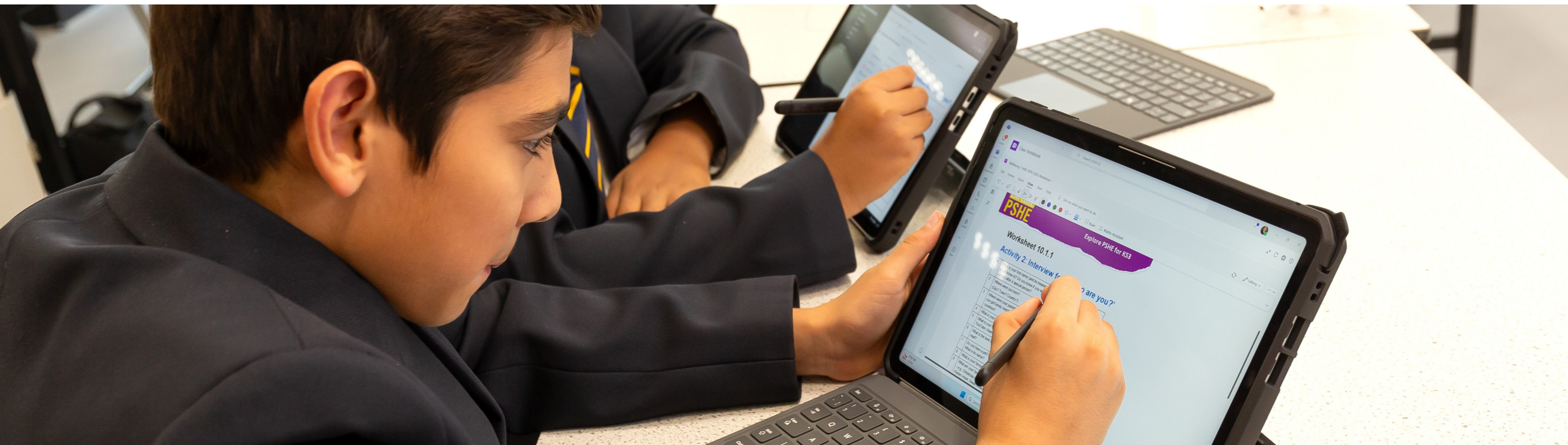


Summer Term 1 Programme

20-Apr	STEPHEN LAWRENCE DAY ACTIVITIES <ul style="list-style-type: none">• be able to assess the impact of Stephen Lawrence's death within the UK
27-Apr	2.5 Why am I feeling like this? <ul style="list-style-type: none">• understand how feelings change as they grow and mature• be able to identify ways to build confidence to be able to cope with these changes. 6.3 Feelings and how to manage them <ul style="list-style-type: none">• identify a range of strong emotions that affect how they feel• understand how people can overcome negative feelings.
04-May	6.4 What impacts on emotional wellbeing? <ul style="list-style-type: none">• understand the effects of negative relationships on emotional wellbeing• understand the impact of 'body image' on emotional wellbeing.
11-May	7.2 Healthy eating <ul style="list-style-type: none">• know what 'healthy eating' is• be able to say what they should eat to keep healthy. 7.3 Exercise <ul style="list-style-type: none">• know the benefits of exercise• identify the choices they can make to keep healthy.
18-May	EXAM WEEK

Summer Term 2 Programme

01-Jun	5.3 Alcohol <ul style="list-style-type: none">• know the recommended health advice regarding alcohol consumption for adults• be able to explain the effects of drinking too much alcohol. 5.4 Smoking <ul style="list-style-type: none">• understand the effects of nicotine, tar and carbon monoxide on the body• understand how the components of cigarettes lead to disease• be able to identify the benefits of quitting and how to access support to do so
08-Jun	8.5 Gambling <ul style="list-style-type: none">• understand what 'gambling' means• be able to explain the risks attached to gambling
15-Jun	8.6 Gangs and knife crime <ul style="list-style-type: none">• know how to carry out research and present their findings on issues which may affect young people of their age• understand the impact of knife crime and gangs on society: locally, nationally and globally.
22-Jun	FIELD WEEK
29-Jun	11.6 My personal brand <ul style="list-style-type: none">• understand how they think about their abilities and how others regard their abilities• know what is meant by 'personal brand' and creating your own.





Year 9 Wellbeing Programme

Michaelmas Term 1 Programme

01-Sep	ELTHAM CONSTITUTION <ul style="list-style-type: none">• be able to understand the Eltham Constitution• be able to explain the values that are important to us at Eltham College• understand how to contribute to upholding the Eltham Constitution
08-Sep	10.7 How can I contribute to my community? <ul style="list-style-type: none">• have an understanding of community services and who provides them• be able to name ways that volunteers contribute to their communities• be able to identify ways in which they could contribute to their community. 10.8 What do voluntary agencies do? <ul style="list-style-type: none">• be able to identify appropriate support services for different needs• be able to describe how these services support young people understand that every right comes with its own responsibility.
15-Sep	10.9 How can we challenge prejudice and discrimination? <ul style="list-style-type: none">• be able to describe what 'prejudice' and 'discrimination' mean• know about different types of prejudice• be able to use a range of strategies to challenge prejudice and discrimination assertively.
22-Sep	8.2 Diverse and conflicting values <ul style="list-style-type: none">• understand and practise using different methods of making decisions• respond to other people's opinions about a range of current issues on which people have different views.• put forward your own arguments about a range of current issues.
29-Sep	ALCOHOL <ul style="list-style-type: none">• Learn about the effects and risks of alcohol• Think about how the risks can be avoided• Find out where to go for more information and support
06-Oct	ALCOHOL <ul style="list-style-type: none">• Think about why some people use alcohol• Identify ways our choices can be influenced by others• Learn some strategies for combating negative peer influence
13-Oct	BLACK CULTURE CELEBRATION ACTIVITIES <ul style="list-style-type: none">• participate in a range of activities to explore the Black History Month theme of pride reflecting cultural identity, heritage, and the celebration of Black excellence.

Michaelmas Term 2 Programme

03-Nov	4.5 What is contraception? <ul style="list-style-type: none">• be able to identify some facts and myths about contraception• be able to name a variety of types of contraception• be able to give advice to young people wanting to learn about contraception.
10-Nov	4.6 What are STI's? <ul style="list-style-type: none">• be able to explain facts about key sexually transmitted infections (STIs).
17-Nov	3.4 Is commitment important in relationships? <ul style="list-style-type: none">• know what happens in marriage and other partnership ceremonies, and be able to discuss the significance of commitment vows• be able to explain the legal status of marriage, civil partnerships and other types of long-term relationships• be able to give some reasons why stable relationships may support the bringing up of children.
24-Nov	3.5 Abuse in relationships <ul style="list-style-type: none">• be able to say what 'abuse' is• be able to identify strategies for dealing with potentially dangerous situations
01-Dec	WORLD AIDS DAY ACTIVITIES
08-Dec	9.8 What are my rights and responsibilities? <ul style="list-style-type: none">• understand that people have rights regardless of their different race, religion, culture, ability or disability, gender, age or sexual orientation• be able to state some of the rights that apply to them as young people• understand that every right comes with its own responsibility.





Lent Term 1 Programme

12-Jan	7.4 Things that support our health <ul style="list-style-type: none">• know what's in place to support both world health and personal health (including screening, immunisation, and so on)• identify the choices they can make to keep healthy.
19-Jan	7.5 When health goes wrong <ul style="list-style-type: none">• understand their rights to health and treatment• know some facts about blood, organ and stem cell donation.
26-Jan	8.8 First Aid and CPR <ul style="list-style-type: none">• be able to demonstrate putting someone in the recovery position• describe the key steps in administering CPR
02-Feb	INTERNET SAFETY 1 <ul style="list-style-type: none">• Students learn that they have a digital footprint and that this information can be searched, copied and passed on, but that they can take some control based on what they post online.• Students learn that anyone can publish on the Web, so not all sites are equally trustworthy.
09-Feb	Responding to Online Hate Speech <ul style="list-style-type: none">• Examine and respond to a piece of artwork about the power of technology.• Analyse an online hate speech dilemma using the "Feelings & Options" steps.• Identify specific actions to positively affect a situation involving hate speech.

Lent Term 2 Programme

23-Feb	6.5 How do I cope with loss and bereavement? <ul style="list-style-type: none">• understand what 'loss' and 'bereavement' mean• know about ways that people may cope with loss and bereavement.
02-Mar	6.6 Recognising the signs of poor mental health <ul style="list-style-type: none">• how to recognise the early signs of mental wellbeing concerns
09-Mar	6.7 Ways to look after emotional wellbeing <ul style="list-style-type: none">• be able to share a range of strategies for boosting positive emotional wellbeing.
16-Mar	6.8 Who can help 1? <ul style="list-style-type: none">• be able to advise others on how and when to get help in dealing with emotional wellbeing and mental health
23-Mar	8.9 Who can help 2? <ul style="list-style-type: none">• be able to identify some sources of help and support• have designed information for young people to use.

Summer Term 1 Programme

20-Apr	STEPHEN LAWRENCE DAY ACTIVITIES <ul style="list-style-type: none">• understand how Stephen Lawrence's death highlighted institutional racism within the UK
27-Apr	COUNTY LINES AND GANGS <ul style="list-style-type: none">• To understand why people might join gangs• To learn how choices affect our lives
04-May	5.5 The impact of drug taking <ul style="list-style-type: none">• be able to explain the impact drugs have on society• understand how drugs affect an individual's physical, mental and emotional health• be able to say what addiction and dependency are
11-May	5.6 How do I manage situations involving drugs? <ul style="list-style-type: none">• be able to identify the impact of 'risk' taking with drugs• know how to assess and manage risky situations involving drugs• know that there is help and support available for people who have problems with drugs.
18-May	EXAM WEEK

Summer Term 2 Programme

01-Jun	11.7 What do I need to plan for? <ul style="list-style-type: none">• have analysed their own skills and abilities and how these will support them in their future working life• be able to explain the importance of thinking about the future today.
08-Jun	11.8 What opportunities are out there for me? <ul style="list-style-type: none">• consider factors that may motivate their career choices• think more widely about their future careers• be able to state a range of places to find information about careers. 11.9 How do I improve my prospects? <ul style="list-style-type: none">• know about the types of jobs and careers that are available to them• understand what motivates people to work• be able to identify what factors will motivate them.
15-Jun	11.10 What does the law say about work? <ul style="list-style-type: none">• know about some of the jobs which teenagers can do• be able to state some of the rules regarding teenagers and work.
22-Jun	FIELD WEEK
29-Jun	9.7 How am I doing? <ul style="list-style-type: none">• be able to say what they have accomplished• be able to recognise their own skills, qualities and achievements• have practised the skill of appreciation.



Content Overview

Year 10 Programme Schedule

Date (w/c)	10CAH	T18	10FNA	T12	10EZR T02	10JCA	10HWM
01-Sep	RELATIONSHIPS		RESPECT 2		RESPECT 1	PE	
08-Sep							
15-Sep			RESPONSIBILITY 2		RESPONSIBILITY 1		
22-Sep	RESPECT 2			RESILIENCE			
29-Sep		RELATIONSHIPS		RESPECT 2			
06-Oct	RESPONSIBILITY 1						
13-Oct							
20-Oct	HALF TERM						
27-Oct							
03-Nov	PE					RESPONSIBILITY 1	RESILIENCE
10-Nov							
17-Nov						RESPECT 1	RESPECT 2
24-Nov							
01-Dec						RESILIENCE	RESPONSIBILITY 1
08-Dec							
15-Dec	CHRISTMAS						
22-Dec							
29-Dec							
05-Jan	RESILIENCE		RESPECT 1		RELATIONSHIPS	PE	
12-Jan							
19-Jan	RESPONSIBILITY 2		RESPONSIBILITY 1		RESILIENCE		
26-Jan							
02-Feb	MONEYMATTERS						
09-Feb							
16-Feb	HALF TERM						
23-Feb	PE					MONEYMATTERS	
02-Mar							
09-Mar						RESILIENCE	RELATIONSHIPS
16-Mar						RESPONSIBILITY 2	
23-Mar							
30-Mar	EASTER						
06-Apr							
13-Apr							
20-Apr	YEAR 10 EXAMS						
27-Apr							
04-May	RESPECT 1		RESILIENCE		RESPONSIBILITY 2	PE	
11-May							
18-May	NAKED TRUTH/SCHOOLS CONSENT PROJECT						
25-May	HALF TERM						
01-Jun	PE					RELATIONSHIPS	RESPECT 1
08-Jun							
15-Jun							RESPONSIBILITY 2
22-Jun							RESILIENCE
29-Jun							



Year 11 Wellbeing Programme

Content Overview

RESPECT 1	Challenging Racism	Understand the reality of institutional racism, the impact of prejudice, and how to be proactive in challenging racism.
RESPECT 2	Beyond Stereotypes	Understanding unconscious bias, the ways it impacts and affects us all and exploring tools to untrain negative messaging that leads to prejudiced and hateful behaviour both on and offline.
RESPECT 3	Cultural Awareness	Understand cultural appropriation, the origins of this and why this is offensive; explore the impact of this on the power dynamic between cultures.
RESPONSIBILITY 1	Emergency Aid	Understand the bystander effect, what to do in an emergency, how to help a friend who is unconscious, and how to maintain personal safety.
RESPONSIBILITY 2	Lewisham Insight: Understanding Addiction	Understand how addiction occurs, including substance misuse and online gambling addiction; recognising how to get help.
RESPONSIBILITY 3	Personal Safety	Understand how to be safe when out and about, including festival safety and when travelling abroad.
RESPONSIBILITY 4	Democracy and British Values	Understand the Equality Act and the impact of hate crimes. The importance of democracy and the right to vote.
RELATIONSHIPS	Positive Relationships	Understand what makes a relationship healthy. Learn how to communicate effectively and respect boundaries. Explore commitment and intimacy in relationships. Recognize the importance of consent
RESILIENCE	Health and Wellbeing	Understanding significant health issues and the importance of knowing our bodies to identify changes; responding to health concerns and supporting others; hormones and health.
READINESS	Career Learning	Understand how to extend learning beyond the curriculum, how to achieve future ambitions, and build an awareness of the resources available to support higher education and career choices, including UniFrog.

Year 11 Programme Schedule

Date (w/c)	11ADM Rm08	11LEE T18	11RXG T28	11HJH T10	11AHH T24
01-Sep	Challenging Racism	Beyond Stereotypes	Democracy and British Values	Cultural Awareness	Personal Safety
08-Sep					
15-Sep	Health and Wellbeing	Challenging Racism	Beyond Stereotypes	Democracy and British Values	Careers Learning
22-Sep					
29-Sep	Careers Learning	Health and Wellbeing	Challenging Racism	Beyond Stereotypes	Cultural Awareness
06-Oct					
13-Oct	TBC				
20-Oct	HALF TERM				
27-Oct					
03-Nov	Personal Safety	Careers Learning	Health and Wellbeing	Challenging Racism	Beyond Stereotypes
10-Nov					
17-Nov	Beyond Stereotypes	Emergency Aid	Careers Learning	Health and Wellbeing	Challenging Racism
24-Nov					
01-Dec	Cultural Awareness	Positive Relationships	Emergency Aid	Careers Learning	Health and Wellbeing
08-Dec					
15-Dec	CHRISTMAS				
22-Dec					
29-Dec					
05-Jan	YEAR 11 MOCKS				
12-Jan					
19-Jan	TWO-WHEELED SCOOTER SAFETY TALK/UNIFROG WORKSHOP				
26-Jan	IT HAPPENS TALK				
02-Feb	HIGHER EDUCATION TALK				
09-Feb	NATIONAL APPRENTICESHIPS WEEK TALK				
16-Feb	HALF TERM				
23-Feb	Understanding Addiction	Personal Safety	Cultural Awareness	Emergency Aid	Positive Relationships
02-Mar	Democracy and British Values	Understanding Addiction			
09-Mar		Personal Safety	Understanding Addiction	Positive Relationships	Emergency Aid
16-Mar	Positive Relationships	Democracy and British Values	Personal Safety	Understanding Addiction	
23-Mar				Positive Relationships	Understanding Addiction
30-Mar	EASTER				
06-Apr					
13-Apr					
20-Apr	Emergency Aid	Cultural Awareness	Positive Relationships	Personal Safety	Democracy and British Values
27-Apr					
04-May	MINDFULNESS FOR EXAMS				



Year 12 Wellbeing Programme

Content Overview

Strand	Theme	Content
RESPECT 1	Fitting in	Explore strategies to adopt when faced with new situations and environments, including how to deal with feelings of anxiety that different social situations may create.
RESPECT 2	Creating relationships	Examine personal values and priorities that inform the creation of constructive and healthy relationships. Explore actions and responses that can promote the development of strong supportive bonds and recognise toxic behaviours that contradict this.
RESPECT 3	Managing conflict	Develop a range of strategies to be able to deal respectfully with conflict and be able to respond to challenging viewpoints in a non-confrontational way.
RELATIONSHIPS 1	Sexual Health	Understand choices around contraception to prevent unwanted pregnancy and the spread of STI's. Understand the range of support services available to maintain sexual health, and to seek help and advice.
RELATIONSHIPS 2	Harmful Behaviours	Understand the importance of consent and communication in the context of romantic and intimate relationships. Be able to recognise harmful sexual behaviours and know what to do if affected by such behaviours.
RESPONSIBILITY	Lewisham Insight: Substance Use	Be aware of the risks in relation to alcohol or substance use, and how to manage these risks in the context of harm reduction. Understand how and why addiction occurs and what to do if affected by this.
RESILIENCE 1	Dealing with change	Develop a range of techniques to cope with change, and the challenges of making big life decisions. Be able to adapt to manage a range of competing demands.
RESILIENCE 2	Managing deadlines	Understand a range of strategies to effectively manage deadlines, and the principles of good time management.
READINESS	Financial Literacy	Understand the principles of budgeting and good financial management to be able to meet financial obligations.

Year 12 Programme Schedule

Date (w/c)	12A	12B	12C	12D	12E	12F	12G	12H
26-Jan	RESPECT 1	RESPECT 2	RESPECT 3	RESPECT 1	RESPECT 2	RESPECT 3	RESPECT 1	RESPECT 2
02-Feb	RESPECT 3	RESPECT 1	RESPECT 2	RESPECT 3	RESPECT 1	RESPECT 2	RESPECT 3	RESPECT 1
09-Feb	RESPECT 2	RESPECT 3	RESPECT 1	RESPECT 2	RESPECT 3	RESPECT 1	RESPECT 2	RESPECT 3
16-Feb	HALF TERM							
23-Feb	LEWISHAM INSIGHT				RELATIONSHIPS 1	RELATIONSHIPS 1	RELATIONSHIPS 2	RELATIONSHIPS 2
02-Mar	RELATIONSHIPS 1	RELATIONSHIPS 1	RELATIONSHIPS 2	RELATIONSHIPS 2	LEWISHAM INSIGHT			
09-Mar	Higher Education Fair Briefing							
16-Mar	Higher Education Fair Trip							
23-Mar	RELATIONSHIPS 2	RELATIONSHIPS 2	RELATIONSHIPS 1	RELATIONSHIPS 1	RELATIONSHIPS 2	RELATIONSHIPS 2	RELATIONSHIPS 1	RELATIONSHIPS 1
01-Jun	MONEYMATTERS				RESILIENCE 1	RESILIENCE 1	RESILIENCE 2	RESILIENCE 2
08-Jun					RESILIENCE 2	RESILIENCE 2	RESILIENCE 1	RESILIENCE 1
15-Jun	RESILIENCE 1	RESILIENCE 1	RESILIENCE 2	RESILIENCE 2	MONEYMATTERS			
22-Jun	Field Week							
29-Jun	RESILIENCE 2	RESILIENCE 2	RESILIENCE 1	RESILIENCE 1	MONEYMATTERS			



Year 13 Wellbeing Programme

Content Overview

Strand	Theme	Content
RESPECT 1	Responding to Difference and Cancel Culture	Understand what we mean by the term “cancel culture” and consider how this affects people. Be able to form an opinion on whether you support cancel culture and identify more constructive ways of managing difference and responding to conflict.
RESPECT 2	Expressing Opinions	Be able to express viewpoints with confidence and assert opinions without being confrontational or aggressive. Understand how to respond to challenging viewpoints in a respectful and constructive way. Understand how to conduct dialogues that support understanding others, exploring and showing empathy for differing viewpoints.
RELATIONSHIPS 1	Healthy Choices	To understand different relationship types and evaluate the positives and negatives of different types of relationships. Understand what relationship values are and explore individual relationship values and needs. Understand what can happen when your partner’s values don’t align with your own.
RELATIONSHIPS 2	Sextortion	Be able to understand what is meant by sextortion. Understand how you can protect yourself against sextortion and know what to do if you become a victim of sextortion.
RESPONSIBILITY 1	Risk and Consequence	1. To understand why we need to consider getting home safely. To understand potential dangers and how to recognise them. To know what decisions we need to make about getting home and how those decisions could affect our safety 2. To know the difference between passive, assertive and aggressive behaviours. Recognise assertive behaviour in dealing with peer pressure to drink. To demonstrate strategies, you could use to manage risk and explain why they are useful. 3. To understand how alcohol and drugs can impair decision making. To understand the long-term reputational effect of heavy drinking. To evaluate the importance of good decision-making in keeping myself and others safe.
RESPONSIBILITY 2	Substance Use	Be aware of the risks in relation to alcohol or substance use, and how to manage these risks in the context of harm reduction. Understand how and why addiction occurs and what to do if affected by this.
RESPONSIBILITY 3	The Online Safety Act	Understand the key components of the Online Safety Act (2023). Discuss the Act’s impact on social media platforms, users, and content creators. Critically evaluate the balance between free speech and online regulation.
RESILIENCE	Dealing with Loneliness	To understand what the effects of loneliness can be and be able to understand how we can tackle loneliness. Assess whether social media helps or worsens feelings of loneliness.
READINESS 1	Independent Travel	To understand what problems you may encounter when travelling. To understand the importance of researching a county you plan to travel to. To evaluate how to keep yourself and others safe when travelling abroad. Explore gap year opportunities, including volunteering and charity work, as well as adventurous travel options.
READINESS 2	MoneyMatters: Financial Literacy	Understand how to apply a budget to support living independently at university, including how student finance works, and the typical expenses that students will incur.
READINESS 3	Student Nutrition	Understand how to make healthy, nutritious meals on a budget. Be able to recognise the nutrition and cost benefits of making meals, rather than buying convenience foods or take away meals.

Year 13 Programme Schedule

Date (w/c)	13A	13B	13C	13D	13E	13F
03-Nov	RESPONSIBILITY 1	READINESS 2	RESPECT 2	LEWISHAM INSIGHT	RELATIONSHIPS 2	RESPONSIBILITY 2
10-Nov			LEWISHAM INSIGHT	READINESS 1	RESPONSIBILITY 2	RESPECT 1
17-Nov	RESPECT 1	RESPONSIBILITY 1	READINESS 2	RELATIONSHIPS 2	LEWISHAM INSIGHT	READINESS 1
24-Nov	LEWISHAM INSIGHT			RESPONSIBILITY 2	RELATIONSHIPS 1	RELATIONSHIPS 2
01-Dec	RELATIONSHIPS 2	RESPECT 1	RESPONSIBILITY 1	READINESS 2	RESPECT 2	LEWISHAM INSIGHT
08-Dec	RESPONSIBILITY 2	LEWISHAM INSIGHT			RESILIENCE 1	RELATIONSHIPS 1
15-Dec	Christmas					
22-Dec						
29-Dec						
05-Jan	INSED DAY					
12-Jan	MONEYMATTERS			RESPONSIBILITY 1	READINESS 2	RESPECT 2
19-Jan						RESILIENCE 1
26-Jan	RELATIONSHIPS 1	RELATIONSHIPS 2	RESPECT 1	MONEYMATTERS		
02-Feb	RESPECT 2	RELATIONSHIPS 1	RELATIONSHIPS 2			
09-Feb	Y13 Mock briefing					
16-Feb	HALF TERM					
23-Feb	Mocks					
02-Mar						
09-Mar	READINESS 2	RESPECT 2	READINESS 1	RESILIENCE 1	RESPECT 1	RESPONSIBILITY 1
16-Mar		RESILIENCE 1	RELATIONSHIPS 1	RESPECT 1	READINESS 1	
23-Mar	RESILIENCE 1	READINESS 1	RESPONSIBILITY 2	RELATIONSHIPS 1	RESPONSIBILITY 1	READINESS 2

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