



THRIVE

Key Stage 3 (Years 7 to 9)

Unit	THRIVE strands	What students learn	Term
Year 7			
Thriving at Secondary School	Happy and Healthy, Relationship Ready	Emotional Wellbeing, Coping Strategies and Healthy Sleep; World Mental Health Day and Black History Month; Screen Time and Digital Wellbeing; Personal Identity, Transition and Self-Worth; Managing Friendships and Positive Relationships; Bullying and Its Impact.	Autumn
Growing Up Safely	Happy and Healthy, World Wise	Healthy Lifestyle: Healthy Eating and Being Active; Menstruation and Puberty; Body Confidence, Self-Esteem and Media Influences; Keeping Safe Online, Digital Footprints and Cybercrime; Deepfakes and Misinformation.	Spring
Respect, Equality and Making Informed Choices	Relationship Ready, World Wise	Gender Stereotypes, Role Models and Inclusion; Discrimination, Prejudice and Racism; Sexual Harassment, Violence and Misogyny; Smoking and Vaping; Alcohol Awareness and Risk Taking.	Summer
Year 8			
Mental Health and Digital Dangers	Happy and Healthy, World Wise	Mental Health, Recognising Mental Health and Healthy Coping Strategies; World Mental Health Day; Grooming and Indecent Images; AI, Deepfakes and Misinformation; Staying Safe Online and Seeking Help.	Autumn
Physical Health and Women's Health	Happy and Healthy	Physical Activity, Diet and Exercise; Vaccinations and Health Myths; Menstruation Stigma, Hygiene and Healthy Habits; Fertility, Healthy Pregnancy and Miscarriage; FGM, Gynaecological Health and Sleep.	Spring
Families, Risk and Influences	Relationship Ready, World Wise	Menopause and Changing Bodies; Family Life and Divorce; Forced Marriage and Honour-Based Abuse; Vaping, Solvent Abuse and SNUS; Risk, Peer Influence and Decision-Making.	Summer
Year 9			
Mental Health and Personal Safety	Happy and Healthy, World Wise	Helpful and Unhelpful Thinking; World Mental Health Day; Sexual Content Online; Consent, Freedom and Capacity; Defibrillators and Emergency Response, CPR.	Autumn
Relationships and Sexual Health	Relationship Ready	Healthy and Unhealthy Friendships; Gangs, County Lines, Knife Crime and Exploitation; Extremism and Radicalisation; Sexual Health; Contraception, Condoms and Pregnancy Choices.	Spring
Rights, Responsibilities and Online Safety	World Wise, Relationship Ready	Protected Characteristics; Parenting and Marriage; Cyberbullying and Online Blackmail; Sextortion, Image-Based Abuse and Online Scams; Politics and Democracy.	Summer