











Drugs, alcohol and tobacco	The facts about legal and illegal drugs and their associated risks, including the link to serious mental health conditions	HE13	♥	♥	♥		♥	♥
	The law relating to the supply and possession of illegal substances	HE14		♥	♥			♥
	The physical and psychological risks associated with alcohol consumption in adulthood	HE15			♥			
	The physical and psychological consequences of addiction, including alcohol dependency	HE16		♥		♥		
	Awareness of the dangers of drugs which are prescribed but still present serious health risks	HE17	♥					
	The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so	HE18	♥			♥		
Health and Prevention	About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics	HE19	♥				♥	♥
	About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist	HE20	♥					
	(late secondary) the benefits of regular self-examination and screening	HE21				♥		♥
	The facts and science relating to immunisation and vaccination	HE22		♥				
	The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn	HE23	♥			♥		
Basic first aid	Basic treatment for common injuries	HE24	♥	♥	♥			
	Life-saving skills, including how to administer CPR	HE25		♥		♥		
	The purpose of defibrillators and when one might be needed	HE26		♥		♥		
Changing adolescent body	Key facts about puberty, the changing adolescent body and menstrual wellbeing	HE27	♥	♥				
	The main changes which take place in males and females, and the implications for emotional and physical health	HE28	♥	♥				