

Year 11	Focus	Theme Title	Key Message	Content Covered
Theme 1	Religious Understanding	Self-Worth (wb 14/9) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-11/t-1/self-worth-2026/	Dignity is not based on success, popularity or appearance. Our worth comes from being created and loved by God, shaping how we treat ourselves and others.	Self-worth, respect and dignity
Theme 2	Me, My Body, My Dignity	Alcohol, Drugs & Dependency (wb 28/9) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-11/t-2/alcohol-drugs-and-dependency/	Substances promise short-term highs but carry real risks. Exploring addiction, freedom and responsibility helps us make choices that protect health and dignity.	Alcohol and drug awareness
Theme 3	Wellbeing and Health	Mental Wellbeing (wb 12/10) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-11/t-3/mental-wellbeing/	Mental wellbeing fluctuates throughout life. Understanding stress, challenges and support pathways helps us care for ourselves and respond compassionately to others.	Mental health
		Eating Disorders (wb 2/11) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-11/t-4/eating-disorders-2026/	Exploring attitudes to food, control and body image helps us understand how eating disorders can develop and how support and recovery are possible.	Mental health
		Health and Fitness (wb 16/11) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-11/t-5/health-and-fitness/	Good health is a gift that requires stewardship. Developing healthy habits supports long-term physical wellbeing and strengthens our ability to serve others.	Physical health and fitness
Theme 4	Life Cycles	Family Planning and Fertility (wb 30/11) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-11/t-6/family-planning-and-fertility/	Fertility is a precious gift linked to love and responsibility. Exploring Natural Family Planning helps us reflect on how sexual choices relate to dignity and commitment.	Contraception, fertility and Natural Family Planning
Theme 5	Personal Relationships	Sexual Health (wb 14/12) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-11/t-7/sexual-health/	Sexual choices carry physical and emotional consequences. Understanding sexually transmitted infections and risk helps us reflect on responsibility, respect and wellbeing.	STIs
		Pornography (wb 4/1) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-11/t-8/pornography-2026/	Pornography distorts the meaning of sexuality and harms dignity. Examining its negative impact helps	Pornography

			us consider how it affects behaviour and authentic intimacy.	
		Coercive Control (wb 18/1) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-11/t-9/coercive-control-2026/	Healthy relationships are rooted in respect and freedom. Exploring coercive control helps us recognise how abuse develops, how to protect dignity and stay safe.	Abuse and coercive control