

Learning Journey PHSE/RSHE/Careers















'Safe Happy Learning'



Relationships

Healthy relationships, power and control in intimate relationships, risk in intimate relationships, importance of sexual consent, assertiveness skills, sex and the law, pornography and stereotypes, contraception choices, age of consent, family planning, consequences of unprotected sex, STIs, support and advice services

Changing Me

Term 6

Mental health stigma, triggers, support strategies, managing emotional changes, resilience and how to improve it, importance of sleep in relation to mental health, reflection on changes, benefits of relaxation, self expression, influences, body

Term 4

Term 1

Term 5

Term 3

Healthy Me

Misperceptions about young peoples' health choices, physical and psychological effects of drugs and alcohol, alcohol and the law, alcohol and drug poisoning, addiction, smoking, vaping, drug classification, supply and possession legislation, emergency situations, first aid, CPR, substances and safety, sources of advice and support, mental health first aid

Dreams and Goals

Personal strengths, health goals, SMART planning, the world of work, links between body image and mental health, non-financial dreams and goals, mental health and ill health, media manipulation, self-harm, self-esteem,

Spring

Autumn Upper KS3b

Yr 9

Being Me in My World

Perceptions about intimate relationships, consent, sexual exploitation, peer approval, child-on-child abuse, grooming, radicalisation, county lines, risky experimentation, positive and negative self-identity, groups, influences, social media, abuse and coercion, coercive control in groups, fitting in

Term 2

Celebrating Differences Protected characteristics, Equality Act, phobic and racist language, legal consequences of bullying and hate crime, sexism, ageism, positive and negative language, banter, child-on-child abuse, bullying in the workplace, direct and indirect discrimination, harassment, victimisation. Prejudice, discrimination and stereotyping

Term 6

Term 5

Types of close intimate relationships, legal status of relationships, behaviours in healthy and unhealthy romantic relationships, What makes a healthier relationship?, Attraction, love or lust?, pornography and the law, dealing with unwanted messages. Alcohol and the law

Positive relationship with self, social media, managing a range of relationships, child-on-child abuse, personal space, online etiquette, online privacy, bullying and personal safety, social media issues and the law, coercion, unhealthy balance of power in relationships, sources of support

Summe

Term 3

Dreams and Goals

Long-term goals, skills, qualifications, careers, money and happiness, ethics and mental wellbeing, budgeting, variation in income, positive and negative impact of money, online safety and legal responsibilities, gambling issues

Healthy Me

Term 4

Types of health, nutrition and exercise, cardiovascular health and diabetes. Risks, illegal and legal substances, dental health, skin health, vaccinations, peer pressure, teenage brain

Yr 8

Autumn

Term 2

Term 1

Upper KS3a

Celebrating Differences

Positive change made by others, how positive behaviour affects feelings of wellbeing, social injustice, inequality, community cohesion and support, multiculturalism, diversity, race and religion, stereotypes, prejudice, LGBT+ bullying, hate crime, fear and emotions, stand up to bullying, the golden rule

Summer

Being Me in My World

Self-identity, influences, family and identity, stereotypes, personal beliefs and judgements, managing expectations, first impressions, marriage and the law, beliefs and religions, protected characteristics, online and offline identity, active listening

Term 5

Characteristics of healthier relationships, consent, relationships and change, emotions and conflict within friendships, child-onchild abuse, rights and responsibilities, being discerning, assertiveness, sexting, social media vs real life, fake news, authentic-

Changing Me

Puberty changes, reproduction facts, menstrual cycle, responsibilities of parenthood, IVF, types of committed relationships, media and self-esteem, self-image, brain changes in puberty, factors affecting moods, sources of help and support.

Term 4

Term 3

Term 6

Celebrating success, identifying goals, employment, learning from of substances, legal consequences, nutrition, sleep, vaccination and mistakes, overcoming challenges, planning skills, safe & unsafe choicimmunisation, importance of information on making health choices, es, substances, gangs, county lines, control over your life, exploiillness and medicine, mindfulness. Term 1 Term 2 Yr 7 Celebrating Differences Being Me in My World Unique me, differences & conflict, my influences, Bullying, prejudice & discrimination (positive and negative). Equality gateway emotions, belonging to a group, peer pres-Act, bystanders, stereotyping, challenging influences, negative behavsure, child-on-child abuse, online safety, sexting, iour and attitudes, assertiveness, importance of being included. consequences, online legislation, online identity. Term 6 Term 5 **Changing Me**Self-image. Body-image. Puberty and feelings. Conception Relationships Mental health. Identifying mental health worries and Summer to birth. Reflections about change. Physical attraction. sources of support. Love and loss. Managing feelings. Respect and consent. Boyfriends/girlfriends. Sexting. Tran-Power and control. Assertiveness. Technology safety. Take responsibility with technology use. Term 3 Term 4 **Dreams and Goals Healthy Me** Hello Personal learning goals, in and out of school. Success Taking personal responsibility. How substances Spring criteria. Emotions in success. Making a difference in affect the body. Exploitation including 'county the world. Motivation. Recognising achievements. lines' and gang culture. Emotional and mental Compliments. health. Managing stress. Term 2 Term 1 Yr 6 Celebrating Differences **Being Me in My World** Perceptions of normality. Understanding disability. Power Identifying goals for the year. Global citizenship. Children's struggles. Understanding bullying. Inclusion/exclusion. universal rights. Feeling welcome and valued Choices, Autumn Upper Differences as conflict, difference as celebration. Empaconsequences and rewards. Group dynamics. Democracy, thy. having a voice. Anti-social behaviour. Role-modelling. KS2 b Term 5 Term 6 Changing Me Self-recognition and self-worth. Building self-esteem. Safer Self- and body image. Influence of online and media on body image. Puberty for girls. Puberty for boys. Conception (including IVF) Growing responsibility. Coping with change. Preparing for online communities. Rights and responsibilities online. Online gaming and gambling. Reducing screen time. Dangers of online grooming. SMARRT internet safety rules. transition. Term 4 Term 3 **Healthy Me Dreams and Goals** Smoking including vaping. Alcohol and vaping. Alcohol Future dreams. The importance of money. Jobs and and anti-social behaviour. Emergency aid. Body image. Spring careers. Dream job and how to get there. Goals in different cultures. Supporting others (charity) Motiva-Relationships with food. Healthy choices. Motivation and behaviour Term 1 Term 2 Yr 5 **Being Me in My World** Celebrating Differences Planning the year ahead. Being a citizen. Rights and Cultural differences and how they can cause conflict. Racism. Upper responsibilities. Rewards and consequences. How Rumours and name-calling. Types of bullying. Materials ,wealth Autumn behaviour affects groups. Democracy, having a voice, and happiness. Enjoying and respecting other cultures. KS2a participating. Term 6 Term 5 Changing Me Relationships Being unique. Having a baby. Girls and puberty. Jealousy. Love and loss. Memories of loved ones. Getting on Confidence in change. Accepting change. Preparing and Falling Out. Girlfriends and Boyfriends. Showing appreciafor transition. Environmental change. tion to people and animals.

Dreams and Goals

Healthy Me

Stress and anxiety, managing physical activity and mental health, effects

