



# PSHE LEARNING JOURNEY - Relationship, Sex Education

## FURTHER STUDY

T levels, A-levels, University, apprenticeships

## CAREER PATHS

Teacher, Nursing, Paramedics, Uniform services, Nutrition, Councillor, therapist, Doctor, Healthcare, midwife

## SKILLS

Analysis and evaluation • Attention to Detail • Communication • Cultural Understanding • Empathy • Literacy • Organisation • Problem solving • Research • Patience • Logical Thinking • Time management • \

## INTEREST

We will enhance their lives in and beyond the classroom.

### Families

Marriage and forced marriage and changing relationships

### Communication in relationships

Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse Relationships and sex education including consent, contraception, the risks of STIs.

Different types of relationships and parental responsibilities.

Different families and parental responsibilities, pregnancy, abortion, fertility.

YEAR  
11

Addressing extremism and radicalisation

Communities, belonging and challenging extremism

Relationships

Bullying, Challenging behaviour, Gangs

### Intimate relationships

Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography

YEAR  
10

### Healthy relationships

Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography

### Respectful relationships

Families and parenting, healthy relationships, conflict resolution, and relationship changes

YEAR  
9

### Identity and relationships

Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception

### Building relationships

Self-worth, romance and friendships (including online) and relationship boundaries

YEAR  
8

### Discrimination

Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia

### Diversity

Diversity, prejudice, and bullying

YEAR  
7



# PSHE LEARNING JOURNEY

## - Living in the wider world

### FURTHER STUDY

T levels, A-levels, University, apprenticeships

### CAREER PATHS

Teacher, Nursing, Paramedics, Uniform services, Nutrition, Councillor, therapist, Doctor, Healthcare, midwife

### SKILLS

Analysis and evaluation • Attention to Detail • Communication • Cultural Understanding • Empathy • Literacy • Organisation • Problem solving • Research • Patience • Logical Thinking • Time management • \

### INTEREST

We will enhance their lives in and beyond the classroom.

**Finances**  
The impact of financial decisions, debt.

**YEAR 11**

**Financial decision making**  
The impact of financial decisions, gambling

**Setting goals**  
Learning strengths, career options and goal setting as part of the GCSE options process

**YEAR 10**

**YEAR 9**

**Community and careers**  
Equality of opportunity in careers and life choices, and different types and patterns of work

**Developing skills and aspirations**  
Careers, teamwork and enterprise skills, and raising aspirations

**YEAR 8**

### Digital literacy

Online safety, digital literacy, media reliability, and gambling hooks

**YEAR 7**



# PSHE LEARNING JOURNEY - Healthy lifestyles

## FURTHER STUDY

T levels, A-levels, University, apprenticeships

## CAREER PATHS

Teacher, Nursing, Paramedics, Uniform services, Nutrition, Councillor, therapist, Doctor, Healthcare, midwife

## SKILLS

Analysis and evaluation • Attention to Detail • Communication • Cultural Understanding • Empathy • Literacy • Organisation • Problem solving • Research • Patience • Logical Thinking • Time management • \

## INTEREST

We will enhance their lives in and beyond the classroom.

### Building for the future

Self-efficacy, stress management, and future opportunities

YEAR  
11

### Exploring influence Drugs part 3

The influence and impact of drugs, gangs, role models and the media

### Mental health

Mental health and ill health, stigma, safeguarding health, including during periods of transition or change

### Healthy lifestyle

Diet, exercise, lifestyle balance and healthy choices, and first aid

**Drugs Part 2** Drugs, behaviours, attitudes, the law, influences, short and long term effects

YEAR  
10

### Peer influence, substance use and gangs

Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation

YEAR  
9

### Emotional wellbeing

Mental health and emotional wellbeing, including body image and coping strategies

### Health and puberty

Healthy routines, influences on health, puberty, unwanted contact, and FGM

### Drugs and alcohol Part 1

Alcohol and drug misuse and pressures relating to drug use

YEAR  
8

### Transition and safety

Transition to secondary school and personal safety in and outside school, including first aid

YEAR  
7