

# PSHE LEARNING JOURNEY - Relationship, Sex Education

#### FURTHER STUDY

CAREER PATHS

T levels, A-levels, University, apprenticeships

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

#### **Families**

Marriage and forced

marriage and

changing relationships

Communication in relationships

risks of STIs.

Different types of relationships and parental responsibilities.

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

## midwife

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.

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

Addressing extremism and radicalisation

Communities, belonging and challenging extremism

Relationshi

ps

Bullying,
Challenging
behaviour

Gangs

#### Intimate relationships

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



#### 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



#### **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

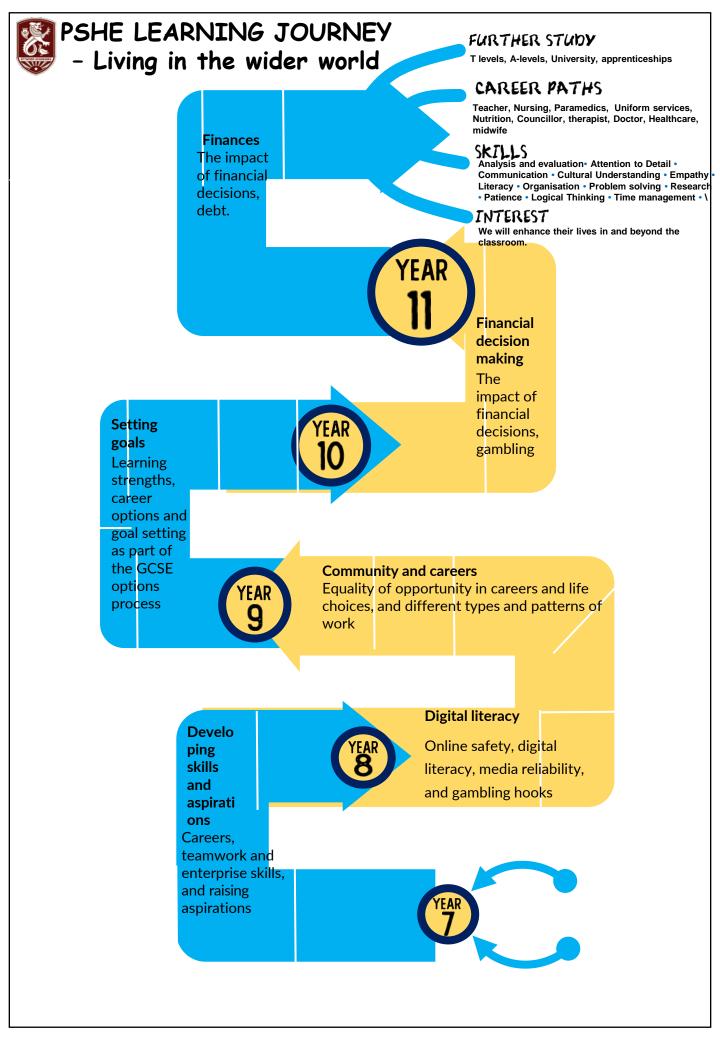


#### Discrimination

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

# **Diversity**Diversity, prejudice, and bullying







### PSHE LEARNING JOURNEY -Healthy lifestyles

Self-efficacy, stress management, and future

#### CAREER PATHS

FURTHER STUDY

T levels, A-levels, University, apprenticeships

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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** 

opportunities

**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



Peer influence, substance use and gangs

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



**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



**Transition and safety** 

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

