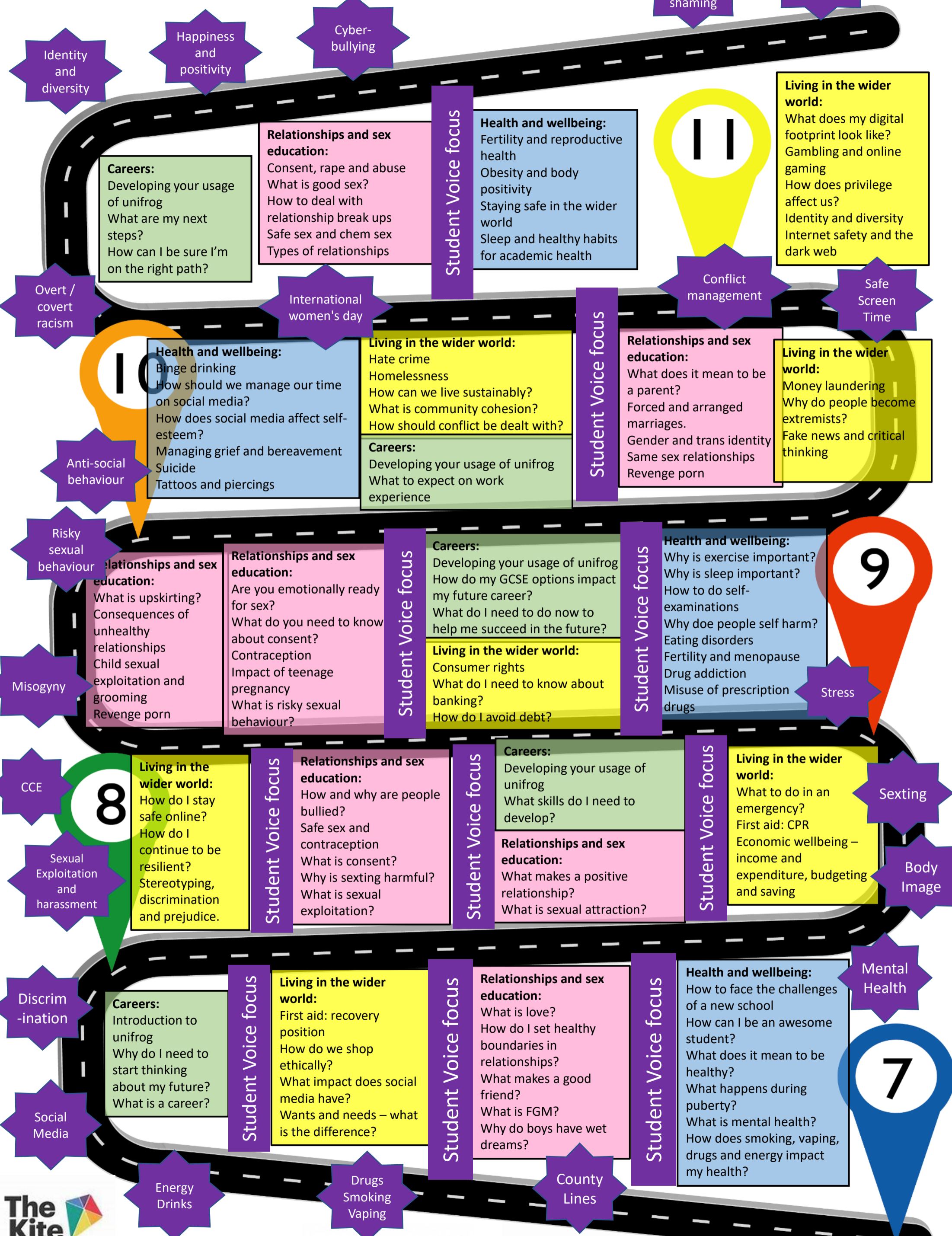


Life skills and PSHE Learning Journey



Bullying and body shaming

Extremism

Identity and diversity

Happiness and positivity

Cyber-bullying

Careers:
 Developing your usage of unifrog
 What are my next steps?
 How can I be sure I'm on the right path?

Relationships and sex education:
 Consent, rape and abuse
 What is good sex?
 How to deal with relationship break ups
 Safe sex and chem sex
 Types of relationships

Student Voice focus

Health and wellbeing:
 Fertility and reproductive health
 Obesity and body positivity
 Staying safe in the wider world
 Sleep and healthy habits for academic health



Living in the wider world:
 What does my digital footprint look like?
 Gambling and online gaming
 How does privilege affect us?
 Identity and diversity
 Internet safety and the dark web

Overt / covert racism

International women's day

Conflict management

Safe Screen Time

10

Health and wellbeing:
 Binge drinking
 How should we manage our time on social media?
 How does social media affect self-esteem?
 Managing grief and bereavement
 Suicide
 Tattoos and piercings

Living in the wider world:
 Hate crime
 Homelessness
 How can we live sustainably?
 What is community cohesion?
 How should conflict be dealt with?

Student Voice focus

Relationships and sex education:
 What does it mean to be a parent?
 Forced and arranged marriages.
 Gender and trans identity
 Same sex relationships
 Revenge porn

Living in the wider world:
 Money laundering
 Why do people become extremists?
 Fake news and critical thinking

Anti-social behaviour

Risky sexual behaviour

Relationships and sex education:
 What is upskirting?
 Consequences of unhealthy relationships
 Child sexual exploitation and grooming
 Revenge porn

Relationships and sex education:
 Are you emotionally ready for sex?
 What do you need to know about consent?
 Contraception
 Impact of teenage pregnancy
 What is risky sexual behaviour?

Student Voice focus

Careers:
 Developing your usage of unifrog
 How do my GCSE options impact my future career?
 What do I need to do now to help me succeed in the future?

Student Voice focus

Health and wellbeing:
 Why is exercise important?
 Why is sleep important?
 How to do self-examinations
 Why do people self harm?
 Eating disorders
 Fertility and menopause
 Drug addiction
 Misuse of prescription drugs

9

Stress

Misogyny

CCE

8

Living in the wider world:
 How do I stay safe online?
 How do I continue to be resilient?
 Stereotyping, discrimination and prejudice.

Student Voice focus

Relationships and sex education:
 How and why are people bullied?
 Safe sex and contraception
 What is consent?
 Why is sexting harmful?
 What is sexual exploitation?

Student Voice focus

Careers:
 Developing your usage of unifrog
 What skills do I need to develop?

Student Voice focus

Living in the wider world:
 What to do in an emergency?
 First aid: CPR
 Economic wellbeing – income and expenditure, budgeting and saving

Sexting

Body Image

Sexual Exploitation and harassment

Discrimination

Social Media

Careers:
 Introduction to unifrog
 Why do I need to start thinking about my future?
 What is a career?

Student Voice focus

Living in the wider world:
 First aid: recovery position
 How do we shop ethically?
 What impact does social media have?
 Wants and needs – what is the difference?

Student Voice focus

Relationships and sex education:
 What is love?
 How do I set healthy boundaries in relationships?
 What makes a good friend?
 What is FGM?
 Why do boys have wet dreams?

Student Voice focus

Health and wellbeing:
 How to face the challenges of a new school
 How can I be an awesome student?
 What does it mean to be healthy?
 What happens during puberty?
 What is mental health?
 How does smoking, vaping, drugs and energy impact my health?

Mental Health

7

Energy Drinks

Drugs Smoking Vaping

County Lines

