

PSHE Learning Journey

How do we develop independence?

Responsible health choices, and safety in independent contexts

What does effective communication in relationships look like?

Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse

What are the features of healthy relationships?

What do families look like?

Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing

How can you build for the future?

Self-efficacy, stress management, and future opportunities

PCS PSHE Personal Social Health Education

End of year assessment

What will be your next steps?

Application processes, and skills for further education, employment and career progression



End of year assessment

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

Who can influence us and how can you make sure its positive?

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

What is extremism and radicalisation?

Communities, belonging and challenging extremism

Evaluate your own financial decision making?

The impact of financial decisions, debt, gambling and the impact of advertising on financial choices

Why do you need work experience?

Preparation for and evaluation of work experience and readiness for work

What is Mental Health?

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

What are employability skills?

Employability and online presence

> End of year assessment

Can you explain what intimate relationships are? Relationships and sex education

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

Do you know how to setting goals?

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

Can you explain how to have a healthy lifestyle?

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

Do you know what digital literacy is?

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

End of year assessment

Can you describe respectful relationships?

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

How are peer influence, substance use and gangs linked?

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

Identity and relationships

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

Do you know how to build relationships?

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

Can you evaluate you emotional wellbeing?

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

Do you understand financial decision making?

Saving, borrowing, budgeting and making financial choices

> End of year assessment

forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia

Discrimination in all its

What is discrimination?

What us a Community and a career?

Equality of opportunity in careers and life choices. and different types and patterns of work

How to make safe choices around drugs and alcohol

Alcohol and drug misuse and pressures relating to drug use

Health and puberty

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

What is diversity

Diversity, prejudice, and bullying

How to develop skills and aspirations

Careers, teamwork and enterprise skills, and raising aspirations

Baseline assessment

Do you know what transition and safety mean?

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



