

PSHE Learning Journey

Year 7

Transition to secondary school and personal safety on your journey to and from school **1**



Developing skills and aspirations for the future **2**

Bullying and negative behaviour. Recognising unhealthy relationships and strategies to respond **3**

How to make healthy lifestyle choices in relation to diet, exercise, sleep and other aspects of creating overall good health **4**

Developing your skills for 21st century learning and education **5**

Emotional wellbeing including positive social behaviours and attitudes in order to create a successful community **6**

Challenging stereotypes and expectations that limit choices including discrimination in relation to work and pay **7**

Personal identity and relationships. How to manage influences on your beliefs and decisions **8**

Understanding the difference between medicinal and recreational drugs and the relationship between habit and dependence. **9**

Online communication; how to use social networking sites safely and how to critically assess different media sources. **10**

Year 8

Peer influence and group think. Reasons why group-think is unhelpful and how it negatively effects behaviour **11**

Positive social norms in relation to drug and alcohol use in society and the health risks linked to drug use **12**

Different types of families and parenting, including; single parents, same sex parents, blended families, adoption and fostering **13**

Healthy lifestyle choices and the relationship between physical and mental health, including how to balance work, leisure, exercise and sleep **14**

The portrayal of relationships in the media and films and how this might affect your real relationship expectations **15**

Year 9

Reframing negative thinking, strategies to promote mental health and emotional wellbeing and where to access mental health support **16**

Responsibilities and expectations within a group. Recognising when problems arise and working towards solutions. In addition, how to maintain a positive presence in a group **17**

Opportunities and risks of relationships online **18**

Evaluating the influence of role models and the way in which drugs and alcohol can affect decision making and personal safety **19**

Assessing the readiness for parenting and positive parenting qualities. **20**

Year 10

Managing the judgement of others and how to challenge stereotypes. The causes of stress and how to manage its effects **21**

Using feedback constructively to aid future planning and how to ensure that revision techniques work well for you **22**

Assessing and managing risk and safety in new independent situations, exploring safe exit strategies and also how to access personal health services **24**

Budgeting and finance linked to how to prevent debt alongside gambling and its effects **25**

Year 11

Communicating wants and needs assertively and respectfully with a focus on how to handle unwanted attention including online **23**

