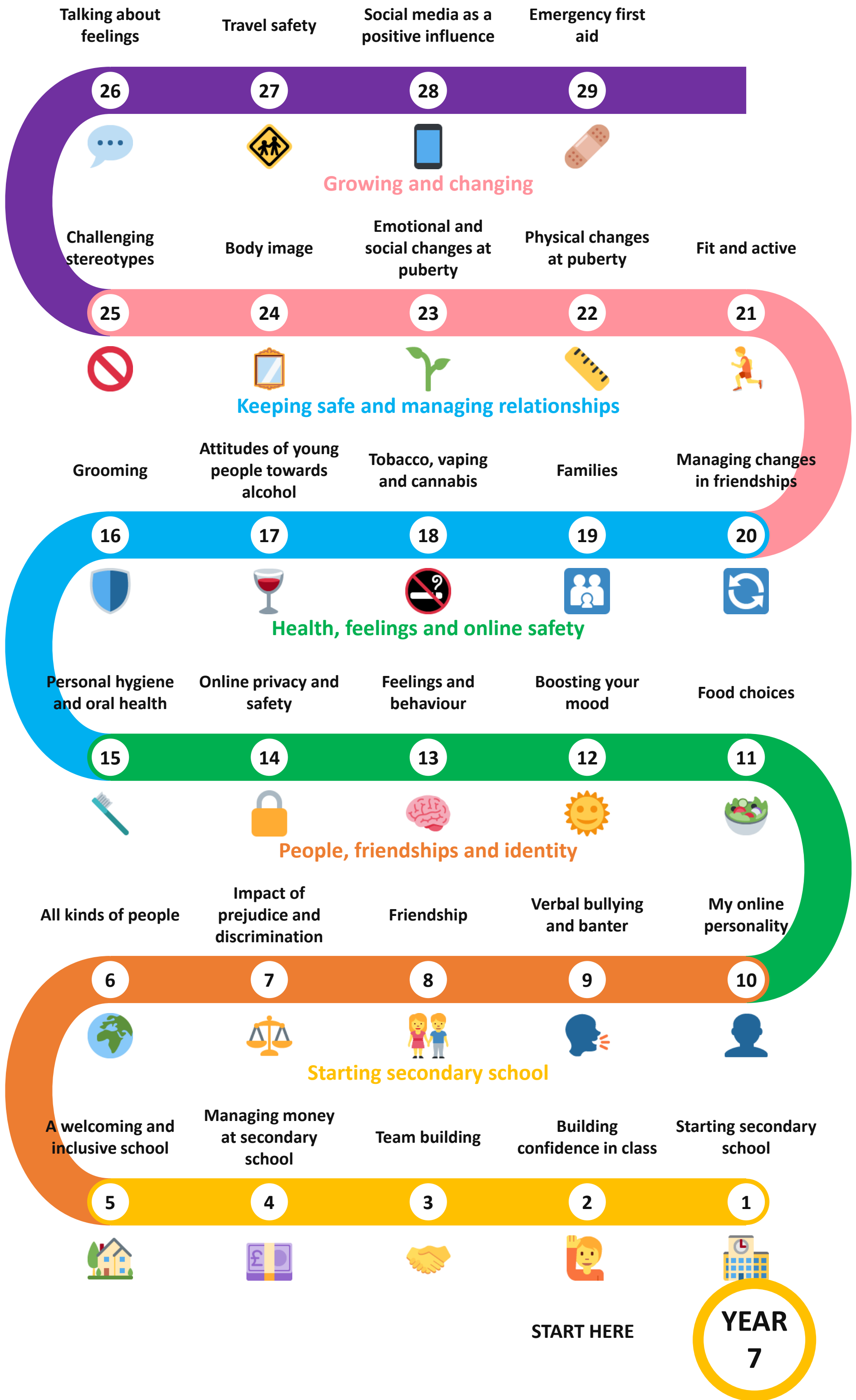


My PSHE Learning Journey

YEAR 7

Wellbeing and safety

Ready for Year 8



My PSHE Learning Journey

YEAR 8

Communication and the wider world



My PSHE Learning Journey

YEAR 9

Families, change and getting help

Female Genital
Mutilation (FGM)

Family Diversity

Relationship loss
and change

Substances and
emergency situations
(support First Aid)

Ready for Year 10

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Healthy intimate relationships

Positive respectful
intimate
relationships

Sexually
Transmitted
Infections (STIs)

Unintended
pregnancy

Contraception

Communication
skills for intimate
relationships

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Personal safety and risk

Medicine Safety

Misogyny, causes
and consequences

Recreational drug
use

Sexting

Gang and knife
culture, personal and
social consequences

16

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Physical and mental health

Support for
mental health

What affects
mental health?

Prevention of
infection

Sleep and
relaxation

Influences on
physical activity

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Identity, belonging and fairness

Different online
behaviour

Championing
diversity

Managing peer
approval

Illegal
employment and
modern-day
slavery

Connection,
loneliness and
mental health

6

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Learning, careers and money

Being in financial
debt

Managing money
worries

Being a young
entrepreneur

What careers
would I like?

Study Skills

5

4

3

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1

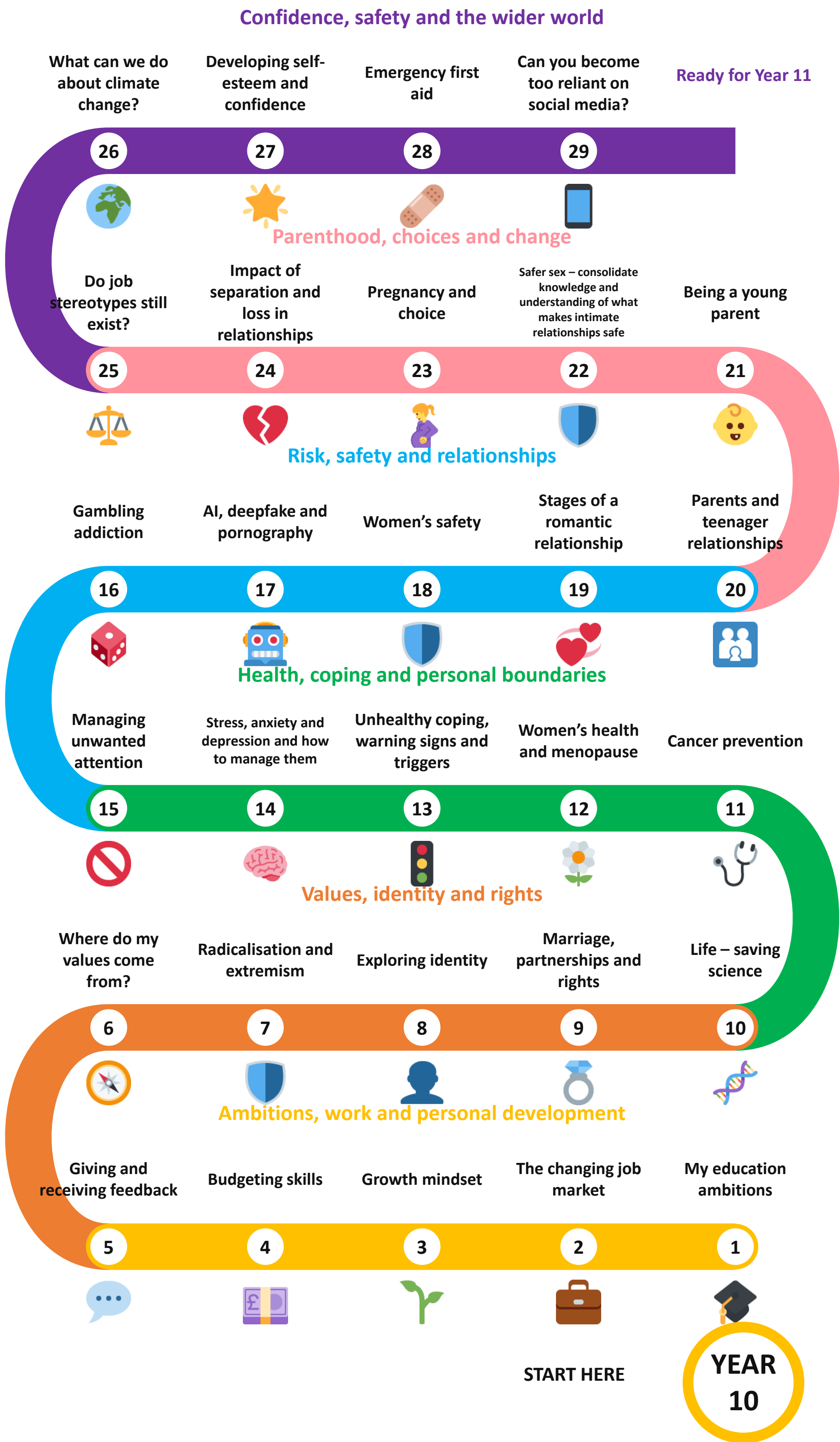


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YEAR
9

My PSHE Learning Journey

YEAR 10



My PSHE Learning Journey

YEAR 11

Post-16 pathways

Health, support and balance

Sleep, rest and study –
How to create balance
between studying for
exams

Domestic abuse

Finding and using
health services

Safety and body
enhancement



Rights, safety and substance misuse

The law, rights and
responsibilities in a
sexual relationship

Impact of substance
misuse on family
and community

Sexual assault,
harassment and
what to do about it

Substances and
risky sexual
behaviour



Study, work and self-expression

Freedom of
expression

Applying for work
and training, how
to stand out in a
good way

Managing my
online profile for
future employment

My study plan



START HERE

