KS3 PSHE/RSE Learning Journey

WITHAM
A PRIORY ACADEMY

Health and wellbeing

Living in the wider world

Sex and Relationships

KS4

How to give and act on feedback

'Personal brand'

Consequences on unprotected sex

Myths on consent

Relationships and the media

Young People's employment rights

Skills for employability

Pornography

STIs

Risks of sharing sexual images

Career pathways

Homelessness

Access support services

Relationship between mental and physical health

Health choices

Work/Life balance

YEAR 9

Financial decision making

Different types of families

Positive home relationships

Conflict and how to address

Body Image

Responsibility for own health

Sleep

Future Goals

Knife Crime

Gambling and the law

Extremism and radicalisation

The Law and consent

Contraception

Sexting

Options

Addiction and dependence

Online Peer pressure

Gangs

Social Media

Support in cases of online grooming

Sexual Orientation

How to Manage emotions

Equality of opportunity

Challenge career expectations

Gender discrimination

Racism

Attitudes towards Mental health

Workplace stereotypes

Coping strategies

YEAR 8

Employment types

Self Esteem

Challenging homophobia and biphobia

Manage influences on beliefs

Emotional wellbeing

Alcohol

Habit and dependence

Illegal drugs

Budgeting

Saving and spending

Making safe financial decisions

Risks of Energy drinks

Consent

Peer pressure

Risk of smoking

Legal Drugs

Managing risk taking financially

Expectation for romantic relationships

Self worth

Types of bullying

Healthy Lifestyle

Changes during puberty

Transition and safety

Diversity in Society

Unhealthy and healthy relationships

Identity

Prejudice and discrimination

Responding to bullying

Peer Pressure

Personal Hygiene

FGM

Equality in the workplace

Basic First aid

Study Skills

Transition and safety

Aspirations

YEAR 7

Enterprise skills

Careers and values

Stereotypes

Managing Friendships

Identify Emotions