PSHE Learning Journey at Lacon Childe

Y7

How do I manage my physical and mental health in the first year of secondary school?

Health And Wellbeing

Living In the Wider World

Relationships

How can I manage my friendships and keep myself safe online?

CONSENT

Y8

Relationships

How can I manage my friendships successfully in a time of physical change?

Living In the Wider World

Can I understand and uphold British values?

TOLERANCE

What sort of job do I want to do in the future?

Can I understand my role and that of other parts of society in upholding British values?

What is diversity?

Y9

Living In the Wider World

What do I want to do in the future and how will the subjects I choose at GCSE support that?

Health and Wellbeing

How do I manage my physical and mental health in the second year of secondary school?

Health and Wellbeing

What are the dangers of alcohol?
Why do people take drugs?
How can I manage my use of social media?

Relationships

CONTRACEPTION

Do I understand what a healthy relationship looks like and can I protect myself and other people in my journey to adulthood?

Y10

Relationships

Do I recognise an unhealthy relationship?
Can I understand the negative impact that pornography has on my romantic relationships?

Health and Wellbeing

Can I have empathy for those with mental health conditions and recognise when I am feeling anxious myself?

Y11

Living In the Wider World

Can I consider life beyond school?

Have I completed a personal statement?

Health and Wellbeing

Can I recognise my own feelings and manage my emotions in a time of stress?

How will I create a healthy diet, exercise and sleep regime?

Relationships

How do I stay safe in my romantic relationships?