PSHE LEARNING JOURNEY

Y11

- Living in the Wider World: How can I prepare myself for my next steps?
- Health and Well-being: How do I look after myself during exams?
- Healthy Relationships: How do I prepare myself for situations that might occur in adulthood?
- Living in the Wider World: What is equality?
- Health and Well-being: How do I look after my mental health?

Y10

- Health and Well-being: How do I look after my own mental health?
- Healthy Relationships: How do I keep myself safe in an intimate relationship?
- Living in the Wider World: How do I make sensible financial decisions?
- Living in the Wider World: How does the British Legal System work?
- Health and Well-being: How do I keep myself safe around external pressures?
- Healthy Relationships: How can I protect myself against radicalisation?
- Living in the Wider World: What are my responsibilities for my future employment?

Y9

- Health and Well-being: What is gang culture?
- Healthy Relationships: How do I maintain positive family relationships?
- Living in the Wider World: What are my options for the future?
- Health and Well-being: What are the implications of drinking alcohol?
- Healthy Relationships: How do I keep myself safe in an intimate relationship?
- Living in the Wider World: What systems are in place to keep society safe and just?

Y8

- Health and Well-being: How do I look after my mental well-being?
- Healthy Relationships: How do I identify and challenge discriminative behaviours?
- Living in the Wider World: What opportunities are out there?
- Health and Well-being: How do my lifestyle choices impact my health?
- Healthy Relationships: How do I maintain a healthy and safe relationship?
- Living in the Wider World: How do I keep myself safe online?

Y7

- Health and Well-being: How can I make the best start at Christ's College?
- Health & Well-being: How can look after my mental health?
- Healthy Relationships: What makes a positive relationship? Friendships and bullying
- Living in the Wider World: How can I support my community?
- Health and Well-being: How does puberty Impact me?
- Health and Well-being: How can I keep myself healthy?
- Living in the Wider World: Why is budgeting important?

Y6

- Health & Well-being: Physical health
- Relationships: Safe relationships
- Living in the Wider World: Diversity and privacy data
- Health & Well-being: Puberty, drugs and alcohol
- Relationships: Bullying and sex education
- Living in the Wider World: Money

Y5

- Living in the Wider World: Careers & media awareness
- Health & Well-being: Wellbeing and emotions
- Living in the Wider World: The environment
- Health & Well-being: Healthy choices & first aid
- Relationships: Behaviour, respect & friends

Y4

- Living in the Wider World: Money
- Health & Well-being: Health
- Relationships: Online safety
- Living in the Wider World: Community
- Health & Well-being: Puberty
- Relationships: Relationships

Y3

- Health & Well-being: Identity
- Relationships: Caring relationships
- Living in the Wider World: Careers
- Health & Well-being: Healthy choices
- Relationships: Respect and boundaries
- Living in the Wider World: Rules, laws and rights

Y2

- Living in the Wider World: Money
- Health & Well-being: Staying healthy
- Relationships: Friendships
- Living in the Wider World: My community and online safety
- Health & Well-being: My body, safety and risk
- Relationships: Hurtful behaviour

Y1

- Health & Well-being: Identity and feelings
- Relationships: My relationships
- Living in the Wider World: Safety rules and jobs
- Health & Well-being: Staying healthy
- Relationships: Safe relationships
- Living in the Wider World: Our environment

EYFS

- Managing Self: Rules and routines Building constructive and respectful relationships
- Self-regulation: Identifying and moderating social and emotional feelings
- Building Relationships: Expressing your feelings and considering those of others
- Managing Self: Knowing about health & well-being
- Self-regulation: Resilience & perseverance

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