PSHCE Learning Journey

Year 11

Staying Safe in Adulthood
- Online reputation and digital footprints
- Groupchats and anti-bullying
- Cosmetic proceedures
- Festivals and substance abuse

Sexual Health
- Fertility
- Revisiting contraception
- The importance of sexual health
- Peer on peer abuse

Adult Health
- Organ and blood donation
- Teenage pregnancy and parenthood
- Male and female cancers
- Love and abuse

Year 10

Violence, Crimes and Seeking Safety
- Honour-based violence
- Forced marriages
- Modern day slavery
- Knife crime
- Keeping your data safe

Exploring Relationships and Sex Education
- The impact of pornography
- Sexting
- Unhealthy relationships
- The sexualisation of the media

Mental Health and Wellbeing
- Screentime
- Self-harm
- Promoting emotional wellbeing

Contraception and STI's
- Preventing and treating STI's
- Types of contraception

Combating Extremism and Terrorism
- Conspiracy theories
- Radicalisation
- War and conflict
- Counter terrorism
- Anti-semitism

Legal and Illegal Drugs
- Types of drugs
- Managing addiction
- The war on drugs
- Substance abuse

Year 9

Sex, The Law and Consent
- Relationships and partners
- Domestic abuse
- FGM and the law

Body Confidence
- Human anatomy
- Media and airbrushing
- Cancer prevention and healthy lifestyles
- Dealing with grief

Essential Life Skills
- First aid and CPR
- Saving and managing money
- Labour market and employment

Equality and Diversity
- The Equality Act
- Gender equality
- Ableism and disabilty discrimination
- Racism and predjudice

Law, Crime and Society
- How laws are made
- Prisons, reform and punishment
- Building a community

Dangerous Society
- 'County Lines'
- Substance misuse
- Cyber bullying
- Online grooming and child exploitation

Identity, Relationships and Sex Education
- Being yourself
- Healthy relationships
- Dealing with conflict
- Introduction to reproductive health

Physical Health and Mental Wellbeing
- Mental health
- Positive body image
- Healthy eating
- Managing stress

Proud to be Me!
- Self-esteem
- The importance of happiness
- Managing emotions
- Careers and aspirations

Year 8

Staying Safe Online and Offline
- How to stay safe online
- Harmful habits
- Knife crime and safety

Celebrating Differences
- Identity
- Multi-Cultural Britain
- Breaking down sterotypes

Politics and Parliament
- Why politics is important
- How the country is run
- The Monarchy
- Elections and campaigning

Friends, Respect and Relationships
- Friendships and online relationships
- What makes a good friend?
- Consent and boundaries

Pubery and Body Development
- Puberty
- Growing-up
- Personal hygeine
- Self-esteem

Managing Change
- What is PSHCE?
- Managing the transition between primary and secondary school.
- Being a Grange student

Year 7

Year 11 Overview

We revisit consent and what the law says before moving onto contraception, how it works and how it prevents sexually transmitted diseases. Following on from this we look at teenage pregnancy, body image and being safe online.

Year 10 Overview

You will explore life outside of school and how the law impacts us, our own legal rights and in particular, the growing dangers of knife crime in the UK. We move onto our financial education where we learn how to budget, the difference between debit & credit and where to go should we need financial help. For the last part of our curriculum we learn about consent, what the word means and what the law says about it.

Year 9 Overview

You will investigate how social media impacts your values and behaviours. You will reflect on your rights and responsibilities by looking at Human Rights. You will be explain to explain the positive and negative consequences of drugs, exploring the law and why people take them. To support your GCSE option choices you will evaluate your personal strengths, understand how to make positive decisions and consider how your options may impact on your career pathways. You will learn about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health, including how to keep yourself safe.

Year 8 Overview

You will be able to explain how to maintain a healthy lifestyle. Your will gain an understanding of promoting positive personal relationships and your sexual health and be able to seek appropriate advice and services. You will explain whether you are proud to be British and what it means to you. You will consider how social media impacts your life and be aware of the challenges that we have around mental health.

Year 7 Overview

You will learn how to take responsibility for your thoughts and feelings in a range of personal issues by learning a range of techniques to improve resilience. You will challenge your personal values as well as begin to explore the world around you including your rules, rights and responsibilities. You learn tools to promote your own personal safety including first aid skills. You will analyse your relationships being explain what is meant by consent and create your own positive relationships toolkit.