

# LEARNING JOURNEY



YEAR 11

ROCK: pregnancy and contraception

Study skills

How do I manage my fertility choices?



Sex, marriage and law

Effects of prejudice - celebrate yourself!

What are my rights? How should I be treated?



Cancer and long term illness

ROCK & Challenge: 1st aid

What can I do during tough times?



Time management & stress control

Sexuality, Gender & LGBTQ+ equity

Loss & grief (including anti-stalking)



Why is enjoying varied food key to mental/physical health?

What challenges face young parents?

Eat Well - not less. Nutrition

Poverty, pregnancy and stigma

How will logical skills protect me from anxiety and grooming?

What are my rights and expectations for safe, good relationships?

ROCK & Challenge: Emotional literacy & critical thinking

YEAR 9

ROCK Ground rules & Values

Transition Days



In secondary schools, **all students of all abilities must (by law) have learned about these topics by the end of Y11.** These are covered in PSHE and science, RE and other subjects. We cover an element of each every year, revisiting and getting more challenging to be age-appropriate.

- How to be safe and assess risk
- How your body changes at key life stages
- Health including physical & mental health, prevention of illness, first aid and substance abuse risks
- Families, fertility and contraception
- Healthy relationships of all types, including friendship, family and intimate. Consent & the law.
- Online safety and understanding the media
- Mental wellbeing including in challenging times and situations