

# LEARNING JOURNEY

YEAR 10



ROCK & Challenge: 1st aid

How do I cope with difficulties, problems and emergencies?



Critical thinking – reading and evaluating information to support our mental health

How will logical skills protect me from anxiety and grooming?



Addiction: screens, substances and health

ROCK & Challenge: bereavement and mental health self care.

How do I manage my physical and mental health?

What can I do during tough times?



My right to be me

Science of pregnancy/becoming a parent

What are my protected characteristics/rights?

How do people become parents?



Risks of media and pornography

ROCK & Challenge: consent and control: risks.

What is a 'realistic' body image, and why is self esteem important?

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



Body image and mental health

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