

# LEARNING JOURNEY



Exams, transition to KS5



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

Celebrating myself: motivated self esteem

ROCK & Challenge: coercion and consent

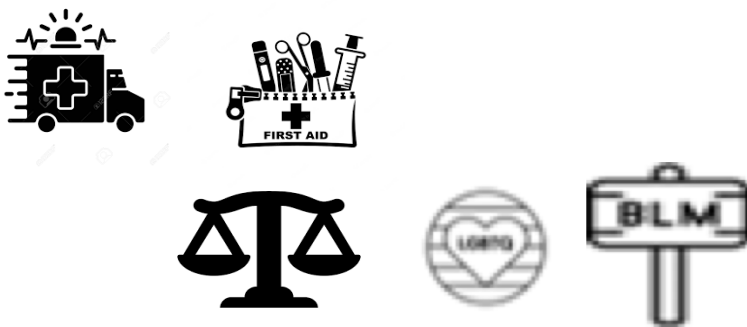
How can I protect my mental wellbeing during exams?



ROCK & Challenge: 1st Aid

Hate crime, grooming & extremism online

How will logical skills protect me from hate & grooming?



ROCK & Challenge: Human rights and diversity

The processes of giving birth

What are my rights? How should I be treated?

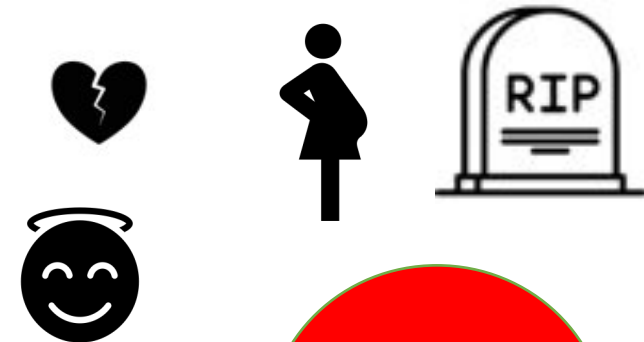
What challenges come with pregnancy?



ROCK & Challenge: Mental health, stress and anxiety

Pregnancy health, miscarriage and stillbirth

What can I do during tough times?



ROCK & Challenge: Smoking, alcohol & addictions

YEAR 10

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