

LEARNING JOURNEY

YEAR 9



ROCK: risks and safety: knives, gangs and crime



Physical health/1st aid

How do I cope with difficulties, problems and emergencies?



Anxiety and mental health support



What can I do during tough times?



ROCK & Challenge: health & Substances: smoking, alcohol, lifestyle

ROCK & Challenge: Family life – challenges and realities

How do I manage my physical and mental health?

What is a healthy Family relationship?



Contraception & fertility health

ROCK Consent then respectful relationships

How do we keep our reproductive system safe and healthy?

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



"Trust Me" project (online safety) Includes: online safety, conflicts, grooming and digital footprints.

How can I be happy & safe when online?



ROCK: safety, risk, law, anti-bullying

YEAR 8

ROCK Ground rules & Values

Transition Days

TENDER Project event

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