

HOPE HIGH (PSHE) LEARNING JOURNEY



Developing confidence, agency and support-seeking skills:

- Making safe and healthy lifestyle choices
- Health prom

Developing empathy and compassion, clarifying values and support-seeking skills:

Developing resilience and risk management skills:

- Money management
- Fraud and cybercrime
- Preparing for adult life

Autmun 2

Spring 1

Spring 2

Summer 1

Developing communication and negotiation skills.

- risk management
- support-seeking skills:

Developing motivation, organisation, leadership and presentation skills:

- Preparation for, and reflection on, work experience

Developing respect for diversity, risk management and supportseeking skills:

- Forced marriage
- Diversity and discrimination
- Extremism

YEAR 11

Autumn1

Summer 2

Summer 1

Developing self-awareness, goal-setting, adaptability and organisation skills:

- Managing transition to key stage 4
- Managing mental health concerns

Developing empathy and compassion, strategies to manage influence.

- Relationship expectations
- Impact of pornography
- Identifying and responding to abuse and harassment

Developing agency and decision making, strategies to manage influence and access support:

- First aid and life-saving
- Personal safety
- Online relationships

Developing goal setting, and presentation skills:

- Skills for employment
- Applying for employment
- Online presence and reputation

Spring 2

YEAR 10

10

Autmun 1

Autumn 2

Spring 1

Summer 2

Choices and influences

How to access appropriate support in relation to mental and physical health.

Developing assertive communication

- Healthy/unhealthy relationships
- Consent

Developing analytical skills and strategies to identify bias and manage influence:

- Financial decisions
- Saving and borrowing
- Gambling and debt

Developing empathy, compassion and strategies to access support:

- Mental health
- Healthy coping strategies

Developing self-confidence, risk management and strategies to manage influence:

- Friendship challenges
- Gangs and violent crime
- Drugs and alcohol

Developing goal-setting, analytical skills and decision making:

- Sources of careers advice
- Employability

Summer 1

Spring 2

Spring 1

Autumn2

Autmun 1

YEAR 9

9

Developing risk management skills, analytical skills and strategies to identify bias:

- Managing online presence
- Digital and media literacy

Developing respect for beliefs, values and opinions and advocacy skills:

- Stereotypes, prejudice and discrimination
- Promoting diversity and equality

Developing agency and strategies to manage influence and access support:

- Drugs and alcohol
- Introduction to contraception
- Resisting peer influence
- Online choices and influences

Developing goal setting, motivation and self-awareness:

- Aspirations for the future
- Career choices
- Identity and the world of work

Summer 2

Choices and influences

How to access appropriate support in relation to mental and physical health.

Autumn 1

Autumn 2

Spring 1

Spring 2

Summer 1

Developing assertive communication, risk management and support-seeking skills:

- Rights in the community
- Relationship boundaries
- FGM and forced marriage

Choices and influences Developing agency, strategies to manage influence and decision making:

- Regulating emotions
- Diet and exercise
- Hygiene and dental health

Developing communication and negotiation skills

- Healthy relationships
- Boundaries and consent

Autonomy and advocacy Developing empathy, compassion and communication:

- Making and maintaining friendships
- Identifying and challenging bullying

YEAR 8

8

Summer 2

Summer 1

Spring 2

Spring 1

AUTUMN 2

AUTUMN 1

YEAR 7

7

Choices and influences

How to access appropriate support in relation to mental and physical health.

Spring 2 Independence and aspirations Developing self-confidence and self-worth:

- Puberty and managing change
- Body satisfaction and selfconcept

Independence and aspirations Developing goal setting, organisation skills and self awareness:

- Personal identity and values
- Learning skills and teamwork
- Respect in school