

# THE JOURNEY THROUGH KS4 PSHE

## Relationships



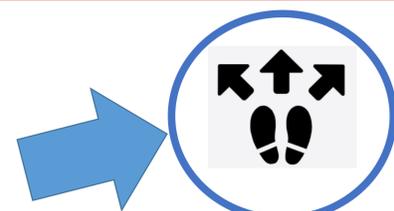
**Sexual Health: STIs**  
Taking responsibility for sexual health.



**Extremism**  
Understanding and preventing extremism



**Divisive language**  
Learning to be a critical consumer of information



THE NEXT STEP...

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**Basic life support**  
Recovery position and CPR



**Managing influence festivals**  
Assessing and managing risk.



**Substance use**  
Assessing risk



**Sleep**  
Importance of sleep and poor sleep habits



**Exam stress**  
Signs and symptoms

Health and Wellbeing

## Relationships



**Contraception**  
Consent and forms of contraception



**Unhealthy relationships**  
Understanding relationship abuse



**Exploring relationships**  
Types of relationship and relationship rights



**Families**  
Parental roles & responsibilities



**Government and democracy**  
How Britain's democratic system works

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**Drugs and their impact**  
Physical and psychological effects



**Influences: drugs and alcohol**  
What impression does the media give?



**Cancer**  
Know the signs



**Recognising mental ill-health**  
Common conditions and challenges



**Promoting emotional wellbeing**  
Wellbeing strategies and mindfulness

Health and Wellbeing