

THE KEY STAGE 4 JOURNEY

YOUR JOURNEY OF LIFE

START

01

INTRODUCTION & TRANSITION

An introduction to the programme including what you can expect during lessons. Consider your own transition from Key Stage 3 to 4 and what changes you can expect to your learning due to starting a new GCSE Curriculum.

02

TALKING ABOUT YOUR EMOTIONS

Consider your emotions and how to put your feelings into words, including how to spot mental wellbeing concerns in yourself and others.

03

MENTAL HEALTH

Learn what mental health is and the difference between good mental health and poor mental health. Then consider how your actions can positively or negatively affect your own, and other people's, mental health.

04

THE LINK BETWEEN OUR PHYSICAL & MENTAL HEALTH

Learn about the importance of physical activity in promoting mental wellbeing and happiness and also combating stress.

05

CONFLICT MANAGEMENT

Consider the different conflict management strategies including when to use different strategies, then practice using them in role-play scenarios.

06

THE CHANGES WHICH TAKE PLACE IN THE MALE BODY DURING PUBERTY

Expand upon your current knowledge of puberty in males and consider the effects on their physical and emotional health.

07

THE CHANGES WHICH TAKE PLACE IN THE FEMALE BODY

Expand upon your knowledge of puberty in females including menstruation, the different sanitary products available and the physical and emotional changes they can expect to experience.

10

SEXUAL PRESSURE

Learn how to identify and manage sexual pressure including the right to say 'no' or choosing to delay sexual activity until older or married. Also learn about enjoying intimacy without sex.

09

REPRODUCTIVE HEALTH & FERTILITY

Learn the importance of reproductive health and how health can affect fertility, including menopause and how it can be affected by lifestyle.

08

HEALTHY RELATIONSHIPS

Learn how to recognise the positive aspects of healthy, intimate relationships, including the importance of trusting each other and how your health can be affected by your choices.

11

CONTRACEPTION

Learn about all the forms of contraception that are available including the contraceptive pill and how effective they are at preventing pregnancy.

12

PREGNANCY

Learn about the different stages of pregnancy and consider the potential outcomes including complications, birth defects and miscarriage.

13

SEXUALLY TRANSMITTED INFECTIONS

Learn the facts about sexually transmitted infections as well as common myths and misconceptions. Also learn how to protect yourself from transmission and the importance of regular screening.

14

ASSESSMENT 01

15

SUSTAINABLE LIVING

Investigate the changes you could make to your daily life to eliminate the need for single-use plastics and other sustainable changes you can make including reducing food waste.

16

THE RISKS SURROUNDING DRUG USE

Learn about the risks surrounding both legal and illegal drugs, including the laws relating to the supply and possession of illegal drugs.

17

THE EFFECTS OF ALCOHOL

Learn about the physical and psychological risks associated with alcohol consumption, including the consequences of addiction.

19

SMOKING

Expand your knowledge of the dangers of smoking and the health benefits related to quitting, including how to access support.

18

PRESCRIPTION DRUGS

Learn about the dangers of using or misusing prescription drugs, including addiction and the potential dangers of overdosing.

20

EXTREMISM

Learn about the causes of radicalisation and the personal consequences of extremism, including how to report or access help for yourself or others.

21

UNDERSTANDING & RESPECTING OTHERS

Learn what the characteristics of a positive and healthy friendship are, including strategies to improve or maintain respectful relationships in your own life.

22

THE IMPACT OF STEREOTYPING

Consider how stereotypes based on things like sex, gender, race, religion, sexual orientation or disability, can cause damage and how you should show respect to positions of authority and tolerance of others.

25

EQUALITY & DIVERSITY

Learn the legal rights and responsibilities regarding equality and the laws protecting people from discrimination, harassment and victimisation.

24

SEXUAL HARASSMENT & SEXUAL VIOLENCE

Learn what constitutes sexual harassment and what constitutes sexual violence, including the laws on both.

23

BULLYING

Consider and discuss the different types of bullying and where to seek help, including how to report bullying.

26

ASSESSMENT 02

27

THE DIFFERENT TYPES OF COMMITTED RELATIONSHIPS

Learn about the different types of committed, stable relationships, including how these relationships can be influential in raising children and affecting happiness.

28

MARRIAGE

Learn about the legal rights and protections of marriage and why it must be freely entered into.

29

LONG-TERM RELATIONSHIPS

Types of long-term relationships and their legal status, including how they can coincide and change over time.

33

ONLINE DATA

Learn about how your data is collected online and how it may be used, including strategies to manage your online presence and protect yourself from potential fraudsters.

32

UNSAFE RELATIONSHIPS

Learn how to tell if you or a family member, friend or other person is in an unsafe relationship, and how to seek help or report your concerns about others.

31

TRUST

Consider whether information from other people, such as friends and family, can be reliable or considered trustworthy.

30

PARENTING

The characteristics of successful parenting, including the responsibilities of being a parent, such as providing a safe home.

34

SHARING CONTENT ONLINE

Learn about the ramifications of illegally sharing content online, including criminal prosecutions and potentially compromising future prospects.

35

THE TRUTH ABOUT PORNOGRAPHY

Consider how pornography presents a distorted picture of sexual behaviours, and how this can negatively affect your behaviour towards sexual partners.

36

THE ONLINE WORLD

Consider how the online world and physical world differ, including how people portray themselves online and how unhealthy or obsessively comparing yourself to others can occur.

38

GAMBLING

Learn about the risks associated with online gambling, from addiction to the accumulation of debt, and what help is available.

39

ABUSE ONLINE

Learn how to identify and report harmful behaviours online such as bullying, abuse or harassment including where to find support.

40

CRIME & YOUR BEHAVIOUR

Learn about the difference between crime and deviant behaviour as well as the categories of crime and the age criminal responsibility.

41

FAKE NEWS

Learn how to find reliable sources of information in the media including how to identify if something is 'Fake News'.

44

DEALING WITH DISABILITY

Consider how disability can affect how we see ourselves and others, including the misconceptions surrounding disability.

43

BLOOD, ORGAN & STEM CELL DONATION

Learn about the process of blood, organ and stem cell donation, including its importance in modern medicine.

42

HEALTHY LIFESTYLES

Learn what constitutes a healthy lifestyle, including the impact of unhealthy choices with age.

45

ASSESSMENT 04

46

HEALTH RISKS OF A POOR DIET

Learn about the link between a poor diet and the health risks including: malnutrition, tooth decay and cancer.

47

GOOD PERSONAL HYGIENE

Learn about good personal hygiene, including the treatment and prevention of infections.

50

IMMUNISATIONS & VACCINATIONS

Learn the different vaccines offered in the UK and when it is recommended to have them, including how they work, why they are important and how to find reliable information online regarding vaccinations.

49

SELF-EXAMINATION & SCREENING

Learn about the importance of regular self examination for both males and females, and how to check yourself, including the importance of attending screening appointments when they are offered.

48

GOOD ORAL HYGIENE

Learn about the benefits of good oral hygiene, including the importance of regular dentistry check-ups.

51

SLEEP

Learn the importance of getting good quality sleep and the effect your circadian rhythm can have on your wellbeing and overall health.

52

FIRST AID

Learn some of the basic treatments for common injuries, including when it's appropriate to attend A&E or call 999.

53

CPR & USING A DEFIBRILLATOR

Learn about the life-saving use of cardiopulmonary resuscitation, including how to use an automated defibrillator.

54

HONOUR-BASED VIOLENCE, FORCED MARRIAGE & FGM

Learn what honour-based violence is and the different forms it can take, including forced marriage and female genital mutilation.

56

SEXUAL HARASSMENT & DOMESTIC ABUSE

Learn what constitutes sexual harassment and what laws are in place to protect people at home and in work. Also learn what constitutes domestic abuse, including controlling behaviour, financial, psychological and emotional abuse.

55

SEXUAL EXPLOITATION, GROOMING & RAPE

Learn about sexual exploitation including what grooming is, how to identify if you or someone else is being groomed and what support is available for victims of sexual abuse and rape.

58

ASSESSMENT 05

59

STARTING SALARIES

Consider and investigate the starting salaries of different jobs, including regional differences in salaries.

57

CONSENT

Learn how to actively communicate and recognise consent, including how consent can also be withdrawn.

61

EMPLOYMENT SUPPORT

Learn what support is available for people in or looking for work and how to access it, including challenging workplace stereotypes and how career aspirations can change over time.

60

EMPLOYABILITY

Consider what skills employers are looking for, including opportunities for career progression.

62

WORK EXPERIENCE

Learn the value of work experience and increasing the chances of success when applying for jobs or education opportunities.

63

PROFESSIONALISM

Consider the importance of being professional at work including the impact of your past and present online behaviour on your career.

64

EMPLOYEE RIGHTS

Learn about your rights as an employee including the implications of discrimination and harassment at work and how to handle such situations.

65

PLANNING A FOOD BUDGET

Learn how to budget for food and how to save money by planning your meals, including the benefits of bulk buying and batch cooking.

66

BUDGETING

Learn about budgeting, including making informed financial decisions and the potential ramifications of poor decision making.

67

FINANCIAL SUPPORT & BENEFITS

Learn what financial support and benefits are available for people in different situations and how to access them.

68

ASSESSMENT 06

69

FINDING A PLACE TO LIVE

Consider the options available to you ahead of finding a place to live. Learn about different types of accommodation, including renting or house shares.

70

PREPARING FOR YOUR FUTURE & CONCLUSION

Consider your next steps after your GCSEs. Do you want to continue studying subjects you like into Key Stage 5, take vocational qualifications, an apprenticeship, or work or volunteer and study part-time?

END

YOUR JOURNEY OF LIFE

The most engaging way to learn PSHE

BONUS LESSONS

CV WRITING

Learn the benefits of having a comprehensive CV, how to write one and what you can do to improve it, all with the view of increasing your employability.

GROWTH MINDSET

Learn what a growth mindset is and what steps you can take to develop your own.

EXAM PREPARATION

Learn how to prepare for your exams, including how to manage stress.

BOOSTING YOUR MEMORY

Learn some memory boosting techniques, including the role diet and exercise play.

STUDY SKILLS

Consider what type of learner you are and what methods and techniques can help you retain information.

IDENTITY & ITS IMPORTANCE

Consider what identity is, why it's important and how your identity can change over time.