# **PSHE KS3 Learning Journey**



## Options

Post-16 choices – sixth form, college, apprenticeships, T-levels, careers, subjects.

# Relationships:

Team work, qualities and behaviours in positive relationships, conflict management skills, decision making, safety in relationships.

## Living in the Wider World:

Goal Setting, social media, future planning, careers

## **Health and Wellbeing:**

Healthy sleep, eating and informed life choices. Exploring donation. Tattoos and piercings, sunbeds.

### Living in the Wider World:

Personal strengths, prejudice and stereotyping, social media, sexting, future employability, Workplace bullying and harassment, CEIAG.

## **Health and Wellbeing:**

Emotional wellbeing and mental health. Stress, eating disorders, self-harm, resilience.

### Relationships:

Managing emotions, commitment, parenting skills, relationship break up, consent, introduction to contraception, sexual orientation and gender ID

## Living in the Wider World:

Types of work, career paths, aspiration, future labour market, routes to employment, choices after KS3.

#### Careers

Unifrog, exploring pathways, investigating careers.

## Health and Wellbeing:

Managing risks, drugs, smoking, alcohol, cancer.

#### Living in the Wider World:

Finance, budgets, money, banks. Career Exploration.

#### Relationships:

Abuse, prejudice, inclusion, peer pressure, gangs.

#### Relationships:

Positive Relationships. Team work, communications, types of relationship, commitment, marriage, break-ups.

#### Health and Wellbeing:

Health and Wellbeing: Puberty, personal hygiene, exercise, sleep, basic first aid.

## Careers

Unifrog, exploring pathways, investigating careers.

# Living in the Wider World:

Core values, setting targets, diversity and stereotypes. Human rights. Future planning. Careers exploration

#### Learning to Learn:

Revision and learning strategies.

#### Them and Us:

Power of our minds, Kindness, Esteem, Praise, Difference

