LEARNING JOURNEY





YEAR 10

ROCK & Challenge: 1st aid/health

> How do I cope with difficulties, problems and emergencies?







Critical thinking – reading and evaluating information to support our mental health

> How will logical skills protect me from anxiety and grooming?

Project Guardian













Addiction: screens and substances

ROCK & Challenge: bereavement and mental health self care.

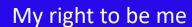
How do I manage my physical and mental health? What can I do during tough times?



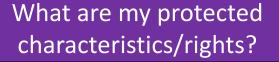








Science of pregnancy/becoming a parent



How do people become parents?











YEAR



Risks

of media and pornography

ROCK & Challenge: consent and control: risks.

What is a 'realistic' body image, and why is self esteem important?

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





Body image and mental health

ROCK Ground rules & Values

Transition Days

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