

RSHE Learning Journey Map LIONHEART SCHOOL Whole School



Training/Work



Communication – values, emotions, Next steps – feedback, sexual orientation, communication, future planning, SMART unwanted attention, harassment,

Families – structure, parenthood, fertility, pregnancy, birth, miscarriage, adoption, change, grief her adoption change, grief her adoption change g adoption, change, grief, honour-based employability, rights, plence, forced marriage

targets, revision, post 16

responsibilities, BTEC

Health and wellbeing:

Building for the future - judgement stereotyping and work, ambition and unrealistic expectations, self efficacy, motivation, perseverance, resilience

Independence - risk, safety, first aid, lifestyle and cancer, screening, self-examination, vaccines/immunization, health services, body modification, blood/organ/stem cell donation



UKS3

Relationships:

assumptions/misonceptions, online relationships, budgeting/saving, debt raphy, consent, victim blaming, asexuality, abstinence, celibacy

communities, inclusion, respect, belonging, quality Act, social media, conflicting views, crimination, responding to extremism and radicalisation

Wider World:

Financial decision making management, data, advertising, gamblers' fallacy, influences, risk

Work skills rights/responsibilities, patterns/trends, online content,

Health and Wellbeing:

Mental Health - adolescence, negative thinking, strategies, support/treatmen

stigma/stereotypes/misinformation

Exploring influence - role models, gangs, drugs/alcohol addiction, influences, exit strategies



Relationships:

Respectful relationships – families, positive relationships, homelessness, conflict, changes,

Intimate relationships – choices, consent, STIs, contraception, media, pornography, sexting

separation/divorce

Wider World:

Setting goals - skills, abilities, strengths, employment, career pathways, emotions and employment, aspirations and goals, post 16 options

ls – <u>rights,</u> responsibilities, patterns, online career content, applying,

Health and Wellbeing:

Peer Influence, substances, gangs healthy/unhealthy friendships, risks/influence 'group think', passive/aggressive/assertive, gangs, knife crime, drug/alcohol use, addiction/dependence

Healthy lifestyle - mental/physical health work/leisure, eating, body image, self-



contraception

<u>Discrimination</u> – influences, 'group Wider World: think', self-worth, confidence, homophobia/biphobia, racism, religious discrimination Identity and relationships -Healthy, unhealthy behaviours, sexual orientation, developing relationships, consent, sexting,

Community and careers equality, stereotypes, discrimination, employment, aspirations/goals, expectations

Digital literacy - online communication, social networks, 🕻 grooming, bias, public/private, age, online finances, gambling

Health and Wellbeing:

Drugs and alcohol - medicines, recreational drug, energy drinks, habit/dependence, alcohol tobacco, vaping, influences, social norms

Emotional wellbeing – mental health, stigma, wellbeing, digital, healthy/unhealthy coping



Relationships:

Diversity - identity, rights/responsibilities, society, prejudice/stereotypes/discrim ination, bullying

Building Relationships - self worth, healthy/unhealthy relationship, media, expectations, consent

Wider World:

Skills and aspirations enterprise, abilities and skills for careers, equality, stereotypes, career choices Financial Decision Making financial choices, ethics, business practices, consumerism, budgeting, risk

Health and Wellbeing:

Transition and Safety – emotions, change, friendships, study skills, strengths/weaknesses, road, ra LKS3 and water, first aid

Health and puberty - lifestyle, caffeine, smoking, alcohol, vaping, physical/emotional, hygiene, unwanted contact, FGM



SKILLS TAUGHT ACROSS RSHE

- 1) **Boundaries**
- Resilience 2)
- 3) **Focus**
- 4) Respect
- **Self-regulation** 5)
- 6) Independence

Building on previous knowledge

New knowledge British Values

Threads

Relationships

Health and Wellbeing Wider World

