PSHCE Learning Journey

NORTH HUDDERSFIELD TRUST SCHOOL

Year 7 — **Understanding and Applying PSHCE Skills** — Year 11

YEAR 7
- XXX
- XXX
- XXX
- XXX

YEAR 8
- Spending & budgeting
- Self esteem, & romance
- Puberty & FGM
- Risks – alcohol & tobacco
- Managing friendships
- Bullying
- Diversity & Prejudice
- Alcohol & drug misuse
- First Aid & safety
- Financial decisions
- Family life
- Managing peer influence
- XXX
- Rights & Responsibilities
- XXX
- Racism & religious discrimination
- Age & disability discrimination
- XXX
- Rights & Mental Health
- Promoting Human Rights
- XXX
- Finances
- Body Image
- Consent & contraception
- Change & loss

YEAR 9
- Raising aspirations
- Introduction to careers
- Challenging career stereotypes
- Enterprise Skills
- XXX
- Making Healthy Choices
- Diet and Exercise
- XXX
- Transition to secondary school

YEAR 10
- Reflecting on learning skills development at Key Stage 3
- Planning and carrying out an enterprise project
- Risks of STIs, sexting & pornography
- Healthy Relationships
- Consent
- Drug & alcohol abuse
- Addiction
- Illicit substances
- Peer pressure
- Homophobia & transphobia
- Sexism
- Dangers of running away
- Conflict at home
- Setting goals
- Peer pressure & gangs
- GCSE options
- Dieting
- Careers & aspirations
- Coping strategies

YEAR 11
- Understanding college applications
- Learning & revision skills to maximise potential
- Assertive communication in relationships
- Skills for employment and career progression
- Coping with stress
- Plans beyond school
- Personal values
- Tackling domestic abuse and forced marriage
- Health & Safety in independent contexts
- Promoting self esteem
- XXX
- Work experience preparation
- Work experience evaluation & work
- Responsibility for health choices
- British Values, Human Rights & community cohesion
- Change, grief & bereavement
- Different families & parenting
- Challenging extremism & radicalisation
- Social & emotional risks of drugs
- Influence of role models
- Managing break ups
- Managing relationship challenges

Y11 Exam

Acquire • Develop • Secure • Master