



MY LEARNING JOURNEY

A ROADMAP FOR GROWTH

Explore your learning across your journey through school. Build knowledge, skills and confidence for life.

Body and mind
Understanding yourself and staying well

Relationships
Building healthy connections

My place in the world
Understanding your role and responsibilities

Future ready
Building skills for your future

AUTUMN 1

AUTUMN 2

SPRING 1

SPRING 2

SUMMER 1

SUMMER 2



YEAR 7

Body and mind
Emotional wellbeing

- Coping with change
- Exploring emotions, worry, anxiety, physical activity, wellbeing, vaccinations

My place in the world
Careers

- Self identity, dream jobs.
- What is a career, entrepreneurs, work life balance, careers in the future

Relationships
The family

- Family relationships, marriage and the alternatives, forced marriage, raising children, unsafe relationships, changing relationships

My place in the world
Being British

- Diversity, tolerance.
- Britishness, British values, British politics

Relationships
Self respect

- Self respect, sexual harassment, consent, withholding consent, personal safety, trusting instincts

My place in the world
Finance

- Saving, spending, paying, budgeting, value for money



YEAR 8

Body and mind
Health and wellbeing online

- Mental health issues, happiness, online excess, images sharing, target advertising, unsafe behaviour online, social media and conflict

Relationships
Identity and relationships

- Self esteem, green flags, your impact on others, sex and consent, contraception, STIs

My place in the world
Finance

- Savings, interest, borrowing products, mortgages, stocks and shares

My place in the world
Careers

- My skills, what comes after school, decision making, taking control of your journey, working and earning

Body and mind
Personal safety

- Vaping, smoking, alcohol and the law, drugs and the law, prescription medication, substance dependency

Body and mind
Managing risk

- Knife crime, self harm, fake news, refugees, exploitation, FGM, summer safety



YEAR 9

Body and mind
Digital resilience

- Internet violence, online scams, grooming, peer pressure, risk management, negative influences, incels

Relationships
Relationships

- Stereotypes, relationship skills, skills for ending relationships, power inequalities, AI chatbots, deep fakes

My place in the world
Finance

- Savings, interest, borrowing products, mortgages, stocks and shares

My place in the world
Careers

- My skills, what comes after school, decision making, taking control of your journey, working and earning

Relationships
Intimate relationships

- Sexual violence, harmful sexual behaviour, stalking, porn, coercive control, rape

Body and mind
Health

- Looking after your health, exercising herbal care, medical consent, first aid, menstrual health, reproductive health, importance of sleep



YEAR 10

Body and mind
Careers and wellbeing

- Career paths, employer profiles, career types, stress, anxiety, self awareness, being your own cheerleader

My place in the world
Finance

- Making the most of your money, financial challenges, budgeting, saving money, next steps after school, payslips

Relationships
Intimate relationships

- Knowing when you're ready, online relationships, mental health in sexual relationships, where to get help, risks of alcohol and drugs with consent, strangulation

Body and mind
Managing influence

- Dark side of social media, body positivity, role models, sexting, online gambling

My place in the world
Exams and work experience

- Revision, exam stress, anxiety, work experience, potential work experience issues

Relationships
Healthy relationships

- Communication core values, fertility, coercion, domestic abuse, harassment

YEAR 11

Body and mind
The science of learning and wellbeing

- Science of learning, retrieval, wellbeing and stress, avoiding distractions, gaining independence, loss and grief, organ donation

My place in the world
Careers

- Post 16 choices, decision making, researching volunteer and paid work, money talks, is AI a threat to our jobs?

Body and mind
Your body your choice

- STIs, self examination, contraception recap, choices around pregnancy, menopause

My place in the world
Finance

- My money matters, saving for life, making the most of money, borrowing and debt, financial options after school, risk and reward

Relationships
Relationships beyond school

- Managing fear, friendships beyond school, new relationships, working relationships, managing friendship changes

