PSHE/RSE Learning Journey

Olive AP Academy HAVERING

The purpose of the PSHE curriculum is to teach and cover the topics of:

- **Families**
- **Respectful Relationships, including Friendships**
- **Online and the Media**
- **Being Safe**
- **Intimate and Sexual Relationships**
- **Mental Wellbeing**
- **Internet Safety and Harms**
- **Healthy Eating**
- **Drugs, Alcohol and Tobacco**
- **Health and Prevention**
- **Basic First Aid**
- **Changing Adolescent Bodies**
- **Physical Health and Wellbeing**

Our Core Values

Conviction:
To develop an understanding of the world around us grow from our knowledge

Determination:
To challenge our understanding of the world and see other points of view.

Reflection:
Review our understanding and understand why the things we are learning are important

Ambition:
To use our knowledge to help develop our lives and the lives of others.

Key Stage 3

Being me in my World

Students will cover the topics of: Consent, intimate relationships, sexual exploitation, peer pressure, bullying; online and in person, self identity and forms of abuse.

Relationships

Students will learn about positive and negative relationships and the law surrounding them. They will also look at the impact of pornography and image sharing and the harmful stereotypes that that create, Students will also learn about contraception and personal choice

Healthy Me

This topic introduces the importance of personal health and wellbeing while also learning about the dangers of false information surrounding health. Students will also cover the risks of alcohol and drugs and the laws surrounding them

Key Stage 4 Year 10

Being me in my World

Students will cover the topics of: Human rights, understanding safety in UK and beyond, ending relationships safely, grief and loss, social Media and online bullying, online safety and the law and managing risk in everyday life.

Celebrating Difference

Students will learn the difference we al have and why we should celebrate them, looking at the topics of: Protected characteristics, the equality act, bullying online and in person, racism homophobia and transphobia, hate crimes, bullying in the workplace and stereotyping

Dreams and Goals

Students will consider their goals and aspirations, how the media can affect body image and mental health. Students will also learn about self harm, anxiety, eating disorders and depression

Changing Me

Students will cover the topics of mental health, personal triggers, online abuse, managing change and bodily development

Celebrating Difference

Students will learn about equality in the workplace and society inclusive of bullying, equality and vulnerable groups, power and control

Dreams and Goals

This topic looks the importance of Impact of physical health in reaching goals, relationships and reaching goals, work/life balance, mental health, helping others in the community, and online safety and your profile.

Healthy Me

Students will expand their knowledge on the topics of: improving your health, sexual health, diet, drugs and alcohol and mental health.

Relationships

Students will expand their knowledge on: Sustaining long-term relationships, relationship choices, ending relationships, safely, consequences of relationships ending e.g. bullying, revenge porn, grief-cycle., divorce and separation, impact of family breakup and love

Key Stage 4 Year 11

Relationships

.Students will further expand on teh topics of: Aspirations, finances, gambling, financial pressure, debt, education and training options, long-term relationship dreams, parenting skills and challenges and resilience in relationships

Being me in my World

Students will further expand on the topics of: Equality and the law, bullying and discrimination, mental health, age limits, emergency scenarios, becoming an adult, relationships and the law, me the internet and the law.

Changing Me

Students will expand their knowledge on: Impact of societal change on young people, the media, decision making, sexual Identity and gender and bullying and discrimination.

Healthy Me

This topic looks to expand on the importance of Managing anxiety and stress, exam pressure, sexual health, hygiene, contraception and pregnancy, health risks and online safety

Dreams and Goals

Students will expand their knowledge on the topics of: Stages of intimate relationships, sexual health and safety, coercion and exploitation, gender and sexuality, LGBT+ rights and protection under the Equality Act, stereotypes, forced marriage, honour-based violence, FGM and other abuses, hate crime and sources of support.

Exam Period

Support with Revision and Careers Applications

Where will PSHE take you?

Next Steps:
A-Levels in, Sociology, History. BTEC in Health and Social Care

Further Education:
Degree in Sociology, Psychology, Counseling, therapy .

Careers:
Social worker, Carer, Councilor, Therapist, Teacher.

It will keep you SAFE