



# LEARNING JOURNEY



Part of the  
**Wessex Learning Trust**

7

### Term 1 & 2

- Why are friends important?
- Anti-bullying
- What is puberty?
- Mental wellbeing
- Dealing with worries
- FGM
- Personal Hygiene
- Careers

### Term 3 & 4

- Why am I feeling like this?
- Who am I?
- What are the different types of relationships?
- What do we mean by 'risk'?
- What are 'emotional wellbeing' and 'mental wellbeing'?
- What is Resilience?
- Feelings and how to manage them
- Understanding our communities
- How do I feel about difference?
- Careers

### Term 5 & 6

- How do I save and how do I budget?
- What influences our spending?
- Introduction to E-safety
- E-Safety Assembly (Police)
- Being Careful on social media
- Online Gaming
- What does 'family' mean?
- How can I contribute to family life?
- What do I need to keep healthy?
- Careers

8

### Term 1 & 2

- Healthy Eating (1)
- Energy Drinks
- Exercise
- What impacts our mental wellbeing?
- Negative and Positive Self Talk
- How can negative body image affect us?
- How do I cope with loss and bereavement?
- Recognising the signs of poor mental health
- Who can help? – support services
- Ways to look after emotional wellbeing
- Careers

### Term 3 & 4

- How enterprising am I?
- Stereotypes
- Faith and Values
- Drugs- an introduction
- Drugs and the law
- Alcohol
- Careers

### Term 5 & 6

- Smoking
- Vaping
- What is a healthy relationship?
- Communication skills
- Choices around sex
- Sex and the law
- Conception, pregnancy and birth
- How can we value each other?
- What makes a successful community?
- Careers

9

### Term 1 & 2

- What can cause problems in communities?
- Hate Crime and Radicalisation
- Growth Mindset/resilience
- Relationships
- Is commitment important in relationships?
- Abuse in Relationships
- Things that support our health
- When health goes wrong
- Careers

### Term 3 & 4

- How do we manage risky situations?
- Being assertive and dealing with pressure
- Gambling
- How can I contribute to my community?
- What do voluntary agencies do?
- How can we challenge prejudice and discrimination?
- Gender Identity
- How am I doing?
- What are my rights and responsibilities?
- Careers

### Term 5 & 6

- Pornography and sexting
- What is contraception?
- What are STIs?
- Impact of drug taking
- How do I manage situations involving drugs?
- Gangs and knife crime
- First aid and CPR
- Who can help?
- Careers

10

### Term 1 & 2

- Sexual health
- Relating to others
- Skills for successful relationships
- Parenting skills and family life
- Influences on health
- Budgeting
- Responsible consumerism
- Ethical consumerism
- Consumerism and giving
- Credit and debt
- Money Stresses and pressure
- Careers

### Term 3 & 4

- Pornography
- Pressures and influences
- Emotional wellbeing
- Bereavement
- Individual, family and community values
- Diverse and conflicting values
- Gender identity and transgender
- Planning healthy meals and being active
- Being health aware
- Careers

### Term 5 & 6

- Discrimination through invisibility
- Challenging discrimination
- Democracy and voting
- Drugs
- Alcohol
- The teenage brain
- Rights and responsibilities online
- When things go wrong online
- Gangs and knife crime
- Living in Britain
- The Equality Act and hate crimes
- Careers

11

### Term 1 & 2

- Consent
- Sexual Relationships
- Pregnancy Choices
- Addiction and dependency
- Dealing with stress
- Exploitation and abuse in relationships
- Help and support for relationships
- Facing Challenges
- Work-life balance
- Careers

### Term 3 -6

GCSE PREPARATION PROGRAMME

### **Support**

If any of the topics covered during ETT are likely to cause you concern, please speak to your HOH about how we can support you for these sessions.

### **Who else can I speak to?**

- Mr. Graff (Safeguarding Lead)
- Miss Tudor (Deputy Safeguarding)
- Safeguarding Team (Green Lanyard)
- Head of House (HOH)
- Tutors
- Any teacher

### **Want to know more?**

- **OTR North Somerset**  
<https://otrnorthsomerset.org.uk/>

### **Want to know more?**

- **Young Minds**  
<https://www.youngminds.org.uk/>

### **Want to know more?**

- **Brook**  
<https://www.brook.org.uk/>