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Learning Journey

Unit 1: Relationships

1. Relating to others
2. Skills for successful relationships
3. Parenting skills and family life (1)
4. Parenting skills and family life (2)

Unit 2: Sex, sexuality and sexual health

1. Sexual health: choosing and accessing contraception
2. Sexual health: preventing and treating STIs
3. Pornography

Unit 3: Alcohol, tobacco and other drugs

1. Drugs
2. Alcohol
3. Addiction and dependency

Unit 4: Emotional wellbeing and mental wellbeing

1. Emotional wellbeing
2. Bereavement
3. Pressures and influences

Unit 5: Risk and Safety

1. The teenage brain
2. Rights and responsibilities online
3. When things go wrong online
4. Gangs and knife crime

Unit 6: Identity

1. Individual, family and community values
2. Diverse and conflicting values
3. Protected Characteristics: Gender Reassignment
4. Living in Britain

Unit 7: Communities

1. Know your rights – The Equality Act 2010
2. The Equality Act and hate crimes
3. Recognising discrimination

Unit 8: Healthy Lifestyle

1. Influences on health
2. Planning healthy meals and being active
3. Being health aware

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Unit 1: Relationships:

1. Exploitation and abuse in relationships (1)
2. Exploitation and abuse in relationships (2)
3. Help and support for relationships (1)
4. Help and support for relationships (2)

Unit 2: Sex, sexuality and sexual health

1. Consent
2. Sexual Relationships
3. Pregnancy Choices

Unit 3: Emotional Wellbeing and Mental Wellbeing

1. Dealing with stress
2. Facing Challenges
3. Work-life balance

Unit 4: Healthy Lifestyle

1. Being health aware – Cancer, health screening

Want to learn more?

