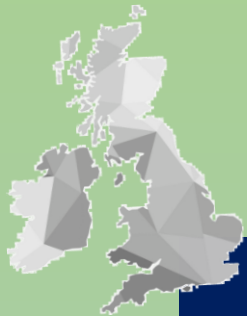


The St Joseph and St Bede PSHE Learning Journey



Continue to make a positive contribution to British and Global Society



Continue your lifelong love of learning and personal development through High School and beyond



Put YOUR Talents in the SPOTLIGHT



Continue to grow as a global citizen.



Reflect on your journey so far

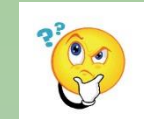
YEAR
7

Mental health support and positive outcomes.

Being a discerning online consumer.

Puberty, adolescence and the menstrual cycle.

Transition and independence.



Developing critical thinking skills.

Support transition through High School Visits



Self care and the links between physical and mental well being.

Self reliance, independent skills and self respect.



Conflict resolution and negotiating skills.

YEAR
6

Benefits of hobbies, rest, friendships for mental health.

Understanding community cohesion and authority figures.



Understanding cyber bullying and current risk.



Understanding respect in relationships, and how to seek help.

Understanding Bullying via social media.

Principals of how data is shared and used online.

Healthy diet including calories and nutritional content.

Illegal drugs and their risks.

Developing mutually respectful relationships.

Transition and independence.



Understand democracy and freedom of speech.

Develop critical awareness of online relationships.



Understanding the benefits of an active lifestyle within self care.



YEAR
5

Risks associated with an inactive lifestyle.



Effects of isolation and loneliness.

Legal drugs and their risks.



How to recognize and report online dangers.

Different types of bullying and the effects.



Embed independent skills and self respect.

Stereotypes and how destructive these can be.



Online abuse, trolling, bullying and harassment and the long term impact.

How to respond to adults they may encounter.

Each person's body belongs to them. Understanding of the different types of contact.

How interpersonal rules should apply to online relationships. Understanding their own online actions



Expect Respect and body autonomy.

Basic First Aid concepts..



Understanding if relationships make us feel happy.

Where to go if we feel unsafe or unhappy.



YEAR
3

Understanding the characteristics of friendship.

How to recognize if relationships are making them feel unsafe, and how to seek help.

Family is characterized by love and care.



Simple self care, including toileting, feeding, basic hygiene.

Normal range of emotions understood.

Appropriate response to adults.



Permission seeking and good manners.

Caring friendships and meeting new people.



Basic understanding of of community.



Developing the language of mental wellbeing.



Self care focusing on oral hygiene.



Empathetic Emotional education

Understanding of ourselves as part of a community.



The internet as a positive place with regulation.

Explore appropriate boundaries within friendships



Conventions of courtesy and manners.

Who can we trust?

Respect within the wider community and identifying authority figures. And how to contact them.



Concept of privacy for both children and adults.

Parity between mental and physical health outcomes.



Different ways we can get active.

How to recognize and act on any feelings of being unsafe or uncomfortable.

How people can present themselves online and positive and negative content..



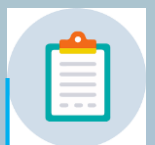
Self Respect and how this links to happiness.



Understand the need for negotiation skills to maintain relationships.



Importance of family time and stable nurturing relationships



The importance of Sun Safety.

YEAR
2



How to spot early signs of illness.

Understanding the typical range of emotions and self identifying.



Ongoing development of vocabulary used on open communication.



Appropriate and inappropriate or unsafe contact.



Respect within the wider community and identifying authority figures. And how to contact them.



Understanding the characteristics of friendship.

The role of marriage as a lifelong commitment.



Practical steps to improve respectful relationships.

Explore the idea of stereotypes

Concept of privacy for both children and adults.

Parity between mental and physical health outcomes.

YEAR
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EYFS

Recognising familial relationships.



Open communication and recognising who to trust..

Medication – what is it?

Privacy and boundaries.



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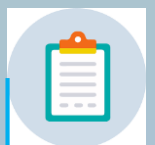
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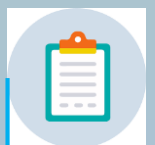
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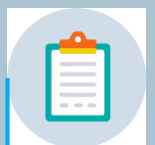
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