

PSHE & Careers Learning Journey

Longdendale High School | Unifrog PSHE & CEIAG Curriculum | Years 7-11

Diversity & anti-racism										Sexual health, sexuality & gender										Wellbeing & mental health										Relationships, family & friends										Life skills										Physical health										Online safety										CAREERS / CEIAG										BLACK = dedicated Careers / CEIAG session																																																																																																																																																															
YEAR 7	What is diversity?										Growing up: physical and mental changes										Understanding menstruation										What is mental health?										Social media and mental health										What makes a healthy relationship?										Coping with change: bereavement, divorce and separation										Recognising and preventing bullying										Smoking and vaping: risks and consequences										Healthy lifestyles: maintaining a balanced diet										Female genital mutilation (FGM): facts and risks										Media literacy: staying safe online										CAREERS Who am I?										CAREERS Exploring possibilities: dream jobs										CAREERS What is a career?										CAREERS What is an entrepreneur?										CAREERS What is a work-life balance?										CAREERS Careers and the future																																																																				
	Challenging gender stereotypes										Sexuality and gender identity: an introduction										Consent: what is it and why is it essential?										Mental health: talking about our emotions										Self-esteem and confidence										Understanding marriage										Spotting unhealthy and abusive relationships										Overcoming conflict and finding forgiveness										Managing risk: looking after your personal safety										Gambling: the facts										Developing your leadership skills										Addictive substances: alcohol										Healthy lifestyles: exercising for physical and mental wellbeing										Healthy lifestyles: taking responsibility for your physical health										Media literacy: interpreting information online										CAREERS What are my interests?										CAREERS Job applications: superhero CVs										CAREERS Challenges and rewards of work										CAREERS Creating the life you want: making a vision board										CAREERS What does success mean to me?										CAREERS Careers and the climate																																						
	Recognising and preventing discrimination										Practising safe sex										Sex, relationships, and the media										Mental health: developing coping strategies										Social influences: tackling peer pressure										Relationships and conflict										Family life: parenthood and caring										What is good communication?										Financial choices: budgeting, saving, debt										Social influences: young people and gangs										Addictive substances: legal and illegal drugs										Healthy lifestyles: health services, self-examination and vaccination										Healthy lifestyles: achieving balance										Sex and consent online										CAREERS What are my skills?										CAREERS What comes after school: the main learning pathways										CAREERS Decision making: choosing what to study at KS4										CAREERS What is the labour market and why is it important?										CAREERS Using the Interests profile										CAREERS Using the Personality profile																																																
	Challenging prejudice and discrimination										Sexuality and gender identity: coming out										Understanding pregnancy: your choices										Sexual health: choosing and accessing contraception										An introduction to body image										Recognising strengths in ourselves and others										Navigating social influence and pressure										The impact of relationships										Changing relationships: managing your feelings										Managing risk: unsafe and emergency situations										Planning and organising: revising effectively										What is a healthy lifestyle?										Health-related choices: blood, organ and stem cell donation										Health-related choices: aesthetic procedures										Alcohol: risks, consequences, and safety										Staying safe online: protecting your personal data										CAREERS Using the Work environments profile										CAREERS Reflecting on my career journey: past, present and future										CAREERS What type of career is best for me?										CAREERS Wellbeing in the workplace										CAREERS In person, hybrid, and remote: what works best?										CAREERS Researching volunteering and paid work										CAREERS Money talks: apprenticeships vs. higher education										CAREERS Preparing to go on work experience								
YEAR 10	Know your rights: the Equality Act 2010										Understanding pornography										Understanding consent and intimacy: offline and online										Sexual health: preventing and treating STIs										Mental health: revisited										Navigating conflict in relationships										Rights and responsibilities: marriage and civil partnerships										Taking others' perspectives										Gambling: risks, consequences, and safety										Financial choices: managing finances in the world of work										Illegal drugs: risks, consequences, and support										Managing our health: services and support										Substance addiction: how to seek help										Staying safe online: misinformation and extremism										CAREERS What are my employability skills?										CAREERS Post-16: Choices, Choices										CAREERS Decision making: choosing your post-16 pathway										CAREERS Researching volunteering and paid work										CAREERS Money talks: apprenticeships vs. higher education										CAREERS Is AI a threat to our jobs?																																																