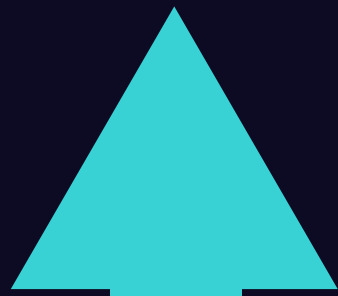


Learner Journey: PSHE



The PSHE Journey at Dawn House School...

Positive Body Image

Healthy Lifestyle

Physical/Mental Wellbeing

Safety Awareness

Educated regarding Sex and Relationships

Beyond Dawn House School

Personal Development Opportunities:

Self-Awareness	Wellbeing	Social Skills	Decision Making	Safety Awareness
Understanding Diversity	Sex and Relationships	Drugs and Alcohol	Citizenship	Goal Setting

KS5

Topics: Self-awareness, Emotion, Wellbeing, Safety, Respect, Citizenship, Environment, Aspirations, Health

- Developing a positive sense of self and addressing issues related to body image and self-esteem.
- Understanding and managing complex emotions.
- Understanding the nature of relationships.
- Understanding mental and physical health, including issues related to puberty, sexual health, and mental health awareness.
- Understanding media influence.
- Learning about the effects and risks associated with alcohol, drugs, and tobacco.
- Understanding legal rights and responsibilities.
- Learning how to stay safe in different environments.
- Comprehensive knowledge of human reproduction, contraception and sexual health.
- Learning about democracy, rights and responsibilities.
- Challenging stereotypes and promoting inclusion.

KS4

Topics: Emotion, Health, Relationships, Safety, Respect, Responsibility, Goals, Sexual Health, Risk

- Recognizing and managing a wider range of emotions.
- Understanding the components of a healthy lifestyle
- Deepening knowledge of personal health, including puberty and mental well-being.
- Discussing relationships, respect, consent and the basics of human reproduction.
- Learning about substance abuse prevention.
- Assessing risks in different situations and making informed decisions to stay safe.
- Understanding and respecting diversity.
- Understanding the steps needed to achieve long-term aspirations.
- Expanding knowledge of environmental issues.
- Understanding of laws, rights and responsibilities.
- Knowledge about sexual health.

KS3

Topics: Health, Relationships, Feelings, Safety, Lifestyle, Communication, Citizenship, Environment, Differences

- Understanding and respecting the feelings of others.
- Learning strategies to cope with setbacks.
- Identifying strategies to resolve conflicts and disagreements.
- Form their own opinions on various topics.
- Understanding more about bodily changes.
- Learning about personal safety and safety in different environments.
- Discussing moral dilemmas.
- Knowledge about puberty and the changes it brings.
- Understanding the importance of teamwork.
- Understanding their role within larger communities.
- Learning about different types of relationships.
- Set achievable personal goals.
- Understanding and respecting diversity.
- Developing knowledge of personal hygiene.

KS1/2

Topics: Health, Relationships, Social Skills, Understanding the World, Safety, Environment, Respect, Feelings

- Recognizing their own emotions and how to express them appropriately.
- Manage feelings and behaviors through simple techniques.
- Forming friendships and learning to play with others.
- Learning the importance of rules.
- Participating in group activities.
- Communicating their needs and preferences.
- Learning to listen to and respect others.
- Understanding basic aspects of health and hygiene.
- Recognizing unsafe situations and knowing who to ask for help.
- Identifying and naming different feelings.
- Gaining awareness of different cultures.
- Identifying basic bodies changes.
- Know about things which are healthy/unhealthy.