Stowmarket High School
PSHE
Learning Journey

Stowmarket High School
THE FUTURE · OUR BUSINESS

inspirational futures

Employability Skills taught in PSHE:

- Staying positive
- Independence
- Teamwork
- Listening
- Problem Solving
- Communication

Year 7

- Online Safety
- LGBTQ+
- Unwanted Contact
- Puberty
- Dental Health
- Friendships
- First Aid
- Drugs and Alcohol
- Managing Anger
- Meditation and Relaxation
- Wellbeing
- Sleep
- Helpful and Unhelpful Thinking
- Loneliness
- Bullying
- Emotions
- Coercive Friendships
- Consent

Year 8

- Budget to Mars
- Road, Cycle, Personal and Drowning Safety
- Staying in Control of Money
- British Values
- Diversity and Culture
- Why Do people Join Gangs
- Extremism
- Equality & protected characteristics
- Babies in Same Sex Relationships
- Social Networking
- Online Friendships, Sharing Photos and Videos
- Be Internet Citizens – Fake News
- Mental Health
- Mindfulness
- Zones of Regulation
- Self-esteem & Body Confidence
- The Courage To Fail
- Smoking
- Exercise
- Cancer
- Loss And Bereavement
- LGBTQ+ Coming Out
- Body Confidence
- Growth and Fixed Mindsets
- Consent and the Law
- British Values
- FIT Stonewall
- Pornography
- Sexual Health
- Sex When? Contraception
- Sharing Sexual Images
- Working Out Relationships
- Drugs
- Mental Health
- First Aid
- Organ Donation
- Drugs
- Healthy Eating and Drinking
- Body Image
- Online Gaming
- Unhealthy Relationships
- Bullying
- LGBTQ+
- Prejudice, Racism and Intolerance
- British Values
- Rights and Responsibilities
- Disabilities and Autism Awareness

Year 9

- Smashed Online
- Gambling
- Gangs and Knives
- Online Safety
- Transgender
- Debt, Payday Loan and APR
- Exploring Donation
- County Lines
- Serious Organised Crime
- Loss And Bereavement
- Male Mental Health
- Eating Disorders
- First Aid
- Parenthood
- Contraception Pros and Cons
- Fertility and Pregnancy Choices
- Pregnancy, Abortion and Miscarriage
- LGBTQ+
- Self Exam, FGM
- Menopause
- Inappropriate Behaviour – Harassment and Stalking
- Healthy and Unhealthy Relationships
- Male Mental Health
- Mental Health
- Loss And Bereavement
- Male Fertility
- Should We Legalise Cannabis
- Prevent and Radicalisation
- Sexting and Disrespect Nobody
- Toxic, Abusive Relationships and Domestic Violence
- LGBTQ+
- County Lines
- Protected Characteristics

GCSE Exams

- A level
- BTEC courses and apprenticeships
- T levels