## **Learning Journey**

## Unit 1: Growing Up

- Why are friends important? (1)
- Why are friends important? (2)
- Anti-bullying (1)
- Anti-bullying (2)
- What do we mean by 'risk'?

## Unit 2: E-Safety

- Introduction to Esafety
- Staying safe online
- Media literacy: interpreting information online
- Social media and wellbeing
- **Online Gaming**

## **Unit 3: Identity**

- Who am I?
- What does 'family' mean?
- How can I contribute to family life?

## **Unit 4: Communities**

- Understanding our communities
- How do I feel about difference?

## Unit 5: Money and Me

- How do I save and how do I budget?
- What influences our spending?

## Unit 6: Citizenship: What's it all about?

- What is Citizenship?
- What is an active citizen?
- 3. Why do we need rules?
- What is a democratic community?

## Unit 7: What rights should all children have?

- 1. What rights are we entitled to?
- What does the right to education really mean?
- What can I do as a citizen to protect the rights of others?
- Are you getting your right to reliable and accurate information?

## Unit 8 Citizenship: How does local democracy work?

- How is local government different to national government?
- What do local councils do?
- How do local elections work?
- 4. Why is registering to vote so important?

## **Unit 1: Emotional Wellbeing and Mental** Wellbeing

- 1. What impacts our mental wellbeing?
- 2. Body Image: Negative and Positive Self Talk
- Body image introduction
- 4. How do I cope with loss and bereavement?
- Recognising the signs of poor mental health
- 6. Who can help? support services
- 7. Ways to look after emotional wellbeing

## **Unit 2: Healthy Lifestyle**

- **Healthy Eating**
- 2. **Energy Drinks**
- Exercise

## **Unit 3: Identity**

- Stereotypes
- 2. Faith and Values

## **Unit 4: Communities**

- How can we value each other?
- What makes a successful community?

## Unit 5: Money and Me

- How enterprising am
- How enterprising am

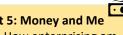
## Unit 6: Citizenship: How does the political system work in the UK?

- 1. What is the difference between government and parliament?
- How do elections work?
- What do political parties do?
- What do MPs do?
- How is the UK government organised?
- How does devolved government work?



## Unit 7: Citizenship: How does the media affect us?

- What is news?
- 2. What responsibilities does the media have?
- 3. What is the role of the media in a democracy?
- 4. How does the media hold those in power to account?
- Should we believe everything we read?



- 1? (1)
- 1? (2)







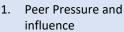
# Unit 1: Emotional wellbeing and mental wellbeing

- Growth
  Mindset/resilience
  (1)
- Growth
  Mindset/resilience
  (2)

## Unit 2: Healthy Lifestyle

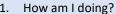
- 1. Things that support our health (1)
- 2. Things that support our health (2)
- When health goes wrong

## Unit 3: Risk and Safety



- 2. Gambling
- 3. First aid and CPR (1)
- 4. First aid and CPR (2)
- 5. Who can help?

## Unit 4: Identity

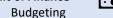


What are my rights and responsibilities?

## Unit 5: Communities

- How can I contribute to my community?
- 2. How can we challenge prejudice and discrimination?
- 3. What can cause problems in communities?
- 4. Hate Crime

## Unit 6: Finance



- 2. Responsible consumerism
- 3. Ethical consumerism
- Consumerism and giving
- 5. Credit and debt
- 6. Money Stresses and pressure

# Unit 7: Citizenship - How is the UK governed?

- 1. How is the country run?
- 2. What are the differences between local, regional and national governance?
- 3. How does the UK political system compare to other systems?
- 4. How is the UK governed?
- How can we influence those in power using democratic processes? (How can young people play an active role in democracy?)



