


7


Learning Journey

Unit 1: Growing Up 

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

Unit 2: E-Safety 


1. Introduction to E-safety
2. Staying safe online
3. Media literacy: interpreting information online
4. Social media and wellbeing
5. Online Gaming

Unit 3: Identity 


1. Who am I?
2. What does 'family' mean?
3. How can I contribute to family life?

Unit 4: Communities 


1. Understanding our communities
2. How do I feel about difference?

Unit 5: Money and Me 


1. How do I save and how do I budget?
2. What influences our spending?

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

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


Unit 7: What rights should all children have? 

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


Unit 8 Citizenship: How does local democracy work? 

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


8

Unit 1: Emotional Wellbeing and Mental Wellbeing 

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

Unit 2: Healthy Lifestyle 


1. Healthy Eating
2. Energy Drinks
3. Exercise

Unit 3: Identity 


1. Stereotypes
2. Faith and Values

Unit 4: Communities 


1. How can we value each other?
2. What makes a successful community?

Unit 5: Money and Me 

1. How enterprising am I? (1)
2. How enterprising am I? (2)

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

1. What is the difference between government and parliament?
2. How do elections work?
3. What do political parties do?
4. What do MPs do?
5. How is the UK government organised?
6. How does devolved government work?

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

1. 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?
5. Should we believe everything we read?



Unit 1: Emotional wellbeing and mental wellbeing



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

Unit 2: Healthy Lifestyle



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

Unit 3: Risk and Safety



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

Unit 4: Identity



1. How am I doing?
2. What are my rights and responsibilities?

Unit 5: Communities



1. 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



1. Budgeting
2. Responsible consumerism
3. Ethical consumerism
4. 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?
5. How can we influence those in power using democratic processes? (How can young people play an active role in democracy?)

Want to learn more?

