Year 7-11 Careers and PSHE Learning Journey

Year 7

Autum

Managing Change
- Settling into secondary school
- Managing and responding to emotional changes

Diversity
- Understanding diversity, relationships, and belonging.
- Recognise difference, and begin to manage behaviours respectfully

Spring

Healthy Lifestyle and Choices
- Establishing healthy habits (diet, exercise, sleep).
- Understanding lifestyle balance, choices, and accessing basic healthcare support when needed.

Digital and Working World
- Understanding self, community, and safe participation in the digital and working world.

Community and Work environments
- Build an awareness of money, fairness, safety, workplace expectations.

Year 8

Autum

Safety & Healthy Choices
- Assessing and Responding To Emergencies
- Recognising physical and emotional changes
- Learning coping strategies to deal with health choices and mental well being

Equality and Equity
- Exploring equality, assertiveness, and inclusion.
- Apply strategies to challenge bias, and show confident communication

Law and Responsibility
- Applying knowledge to civic engagement, law, and responsibility.
- Critical thinking about fairness, equality, and active participation in society.

Summer

Jersey
- Understanding the structures, rights, and roles that shape Jersey and the wider community.
- Building foundational awareness of democracy, law, community, global citizenship.

Year 9

Summer

Safety & Healthy Choices
- Assessing and Responding To Emergencies
- Recognising physical and emotional changes
- Learning coping strategies to deal with health choices and mental well being

Employability
- Building an understanding of finances and learn skills to financial decision-making, equality, and employability readiness.

Spring

Autum

Citizenship and Young Leaders
- Evaluating systems, making informed decisions, and leading social change.
- Demonstrating cohesive citizenship, global awareness, and leadership for positive change.

Beliefs
- Evaluating beliefs, risk, and global perspectives.
- Make informed choices, and act responsibly within your community

Healthy Relationships
- Exploring the risks of exploitation in a relationship
- Deepening awareness of healthy relationships and consent

Year 10

Summer

Healthy Future
- Exploring impact of drugs and alcohol on physical and mental health
- Looking at well-being strategies on long term illness and ill health

Adult Life
- Demonstrate maturity through critical financial, digital, and career decisions, preparing confidently for post-16 life.

Career & Next Steps
-Career readiness, making informed choices, and acting responsibly within a workplace environment

Spring

Autum

Social media
Human rights
Ending relationships
Common threats to health
Brook- Safer choices

Careers/Trident Preparation

Contacting employers.
Interview practice.

Spring

Researching placements
Making the right choices
Writing personal statements.

Year 11

Summer

Relationships choices and sustaining them.
Bullying.
Resilience.
Decision making.

Trident placement

Equality in workplace.
Work life balance.
Health and safety in workplace
Pre placement interview.
Evaluation of placement.

Autum

SMART Targets
Becoming an Adult.
The law and you.
Healthy Relationships

Student-centred, project-based learning scenarios focused on developing real life skills.

Spring

Careers/16+ applications

16+ options including careers guidance.
CV writing and interview techniques.
Record of Achievements.
16+applications.
Personal Statements.

Topics Include:
- Travel Safety
- Booking a holiday
- Medium/long-term budgets
- Dealing with emergencies abroad

Summer

Exam stress management.
Next Steps.
Money and debt.

Brook- Healthy choices.
Diversity.
Safe and Healthy Relationships.
Social and Cultural practices.