



TWO RIVERS
HIGH SCHOOL

Two Rivers High School
Adventurers – Year 9 &10
Knowledge and Skills

	Autumn 2022-23	Spring 2022-23	Summer 2022-23
	Health and wellbeing	Relationships	Living in the wider world
I can explain rights and responsibilities that promote inclusion for all, and the benefits of living in a diverse community.			
I can evaluate strategies to manage changing relationships, loss and bereavement, demonstrate how to support others and evaluate sources of support.			
I can suggest ways to help others to make healthy choices and support their wellbeing.			
I can explain the personal and social risks associated with substance misuse.			
I can demonstrate a range of skills and attributes for employability.			
I can explain the role of the media and social media in influencing lifestyle choices, the impact of other influences, and strategies to manage these.			
I can evaluate features of successful parenthood and the options available if someone becomes pregnant.			



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I can reflect effectively on personal strengths and areas for development, and take account of feedback, in order to improve.			
I can describe a range of employment rights and responsibilities.			
I can assess unhealthy/negative relationship behaviours and confidently demonstrate how to challenge them.			
I can identify choices for health and wellbeing that are safe or unsafe/risky and explain why.			
I can explain how online interactions are impacted by data, targeted advertising and personalisation.			
I can explain how to respond to unhealthy/negative relationship behaviours, including bullying, discrimination, abuse and online encounters.			
I can analyse a range of conflict resolution strategies and describe appropriate strategies for different contexts.			
I can evaluate a range of techniques to promote physical, sexual, mental and emotional health.			
I can explain the potential consequences of personal finance choices and suggest ways to manage influences on financial decisions.			
I can describe complex emotions, the features of positive mental health, warning signs of			



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mental ill-health and identify signs that help is needed.			
I can explain how to effectively budget and suitable sources of support and information around financial opportunities and risks.			

	Autumn 2023-24	Spring 2023-24	Summer 2023-24
	Health and wellbeing	Relationships	Living in the wider world
I can explain how different contraceptives work, factors that can affect their efficacy and how to negotiate use of contraceptives with a partner.			
I can describe different types of relationship and explain how to develop and maintain healthy, positive relationships.			
I can explain strategies to manage peer influence and pressure.			
I can explain how to make informed decisions about next steps and career choices.			
I can identify choices for health and wellbeing that are safe or unsafe/risky and explain why.			



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I can explain and demonstrate ways to support others to make healthy choices and promote their wellbeing.			
I can explain how to be ambitious and enterprising and challenge career stereotypes.			
I can assess unhealthy/negative relationship behaviours and confidently demonstrate how to challenge them.			
I can justify my views and values on moral issues and effectively assess others' arguments, including critique of online content.			
I can describe ways to promote physical, sexual, mental and emotional health.			
I can demonstrate a range of skills and attributes for employability.			
I can explain and manage influences on relationship expectations.			
I can explain the personal and social risks associated with substance misuse.			
I can explain the role of the media and social media in influencing lifestyle choices, the impact of other influences and strategies to manage these.			
I can describe ways to manage changing relationships, loss and bereavement, when and how to seek support and suggest ways to support others.			



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I can reflect effectively on personal strengths and areas for development, and take account of feedback, in order to improve.			
I can explain and demonstrate ways to support others to make healthy choices and promote their wellbeing.			
I can describe appropriate sources of advice and support for relationships, sexual health, and pregnancy and explain why, when and how to access them			