



TWO RIVERS
HIGH SCHOOL

Two Rivers High School

Explorers – 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 have a wide vocabulary to describe different emotions in myself and others, and can explain how feelings change and ways to manage difficult feelings, including those related to change and loss.			
I can explain what makes a healthy, positive friendship and ways to avoid or resolve arguments and other friendship issues.			
I can identify things that make me who I am, that I am proud of and recognise how building personal strengths contribute to self-worth.			
I can explain a range of ways to keep healthy, that habits can have positive and negative effects on health, and how to manage pressure to do things that are not healthy.			
I can describe different types of relationship, including loving and intimate relationships, and explain that people can experience			



TWO RIVERS

HIGH SCHOOL

emotional, romantic and sexual attraction with people of different or the same sex.			
I can explain when, where and how to get help or support if worried about relationships of any sort.			
I can identify potential risks and benefits of financial decisions and can suggest influences on financial decision making.			
I can recognise signs that I or someone else may need help with their physical health or mental wellbeing.			
I can identify some skills and attributes that employers value.			
I can identify a range of sources of support (people who help children stay safe and healthy) and suggest who to ask in different situations, including if I or someone I know is at risk.			
I can explain ways to maintain a healthy self-concept, and where relevant, promote self-confidence and self-esteem.			
I can describe what it means to be ambitious and challenge career stereotypes.			
I can recognise the feelings associated with changing relationships, loss and bereavement and know where to get support.			
I can describe complex emotions, the features of positive mental health, warning signs of			



TWO RIVERS

HIGH SCHOOL

mental ill-health and identify signs that help is needed.			
I can explain the personal and social risks associated with substance misuse.			
I can reflect on personal strengths and identify areas to improve.			
I can identify influences on relationship expectations.			
I can recognise and explain how to challenge unhealthy/negative relationship behaviours.			
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 explain what budgeting is, why it is important and where to get help with financial decision-making.			
I can describe the role of a parent and list the options available if someone becomes pregnant.			
I can explain and demonstrate ways to support others to make healthy choices and promote their wellbeing.			
I can describe what conflict means and simple ways to reduce conflict.			



TWO RIVERS
HIGH SCHOOL

	Autumn 2023-24	Spring 2023-24	Summer 2023-24
	Health and wellbeing	Relationships	Living in the wider world
I can identify different next steps, pathways and careers.			
I can describe what conflict means and simple ways to reduce conflict.			
I can identify bullying or hurtful behaviour and suggest some strategies for responding to it, both on and offline.			
I can suggest some ways to promote physical, sexual, mental and emotional health.			
I can describe my views and values on moral issues and listen to others' views respectfully			
I can recognise peer pressure and suggest some ways to manage it.			
I can describe what it means to be ambitious and challenge career stereotypes.			
I can identify some safe and unsafe choices for health and wellbeing.			
I can suggest some risks of substance misuse.			
I can say what contraception is, give some examples and why their use should be discussed with a partner.			
I can state what is meant by consent in simple terms; explain everyone's right to wait until they are ready to be intimate; and the responsibility the seeker of consent has to			



TWO RIVERS

HIGH SCHOOL

ensure consent is given. I can identify how to recognise, ask for, give, not give and withdraw consent.			
I can reflect on personal strengths and identify areas to improve.			
I can identify how the media, social media and other influences might affect health choices and suggest how to manage this.			
I can identify who I can speak to and where to find advice and support for relationships, sexual health, and pregnancy.			
I can suggest ways to help others to make healthy choices and support their wellbeing.			