



**TWO RIVERS**  
HIGH SCHOOL

**Two Rivers High School**

**Pioneers Upper 1**

**Knowledge and Skills**

	<b>Autumn 2022-23</b>	<b>Spring 2022-23</b>	<b>Summer 2022-23</b>
	Health and wellbeing- Emotional wellbeing	Relationships- Sexual health	Living in the wider world-Financial choices
I can demonstrate how to talk about emotions.			
I know that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, for example physical, emotional, mental, sexual and reproductive health and wellbeing.			
I can understand how to rent accommodation.			
I know the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service based activities on mental wellbeing and happiness.			
I can understand the legal consequences of failing to respect and individual's right to not give or withdraw consent.			
I can show how being connected to others can improve emotional wellbeing.			
I can find out about ways to manage debt.			



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I can explain common types of mental ill health.			
I can recognise the importance of pensions.			
I can understand the impact of sexually transmitted infections and how to minimise their transmission.			
I can discover how different form of saving work.			
I can recognise the early signs of poor mental health.			
I know the facts about the full range of contraceptive choices, efficacy and options available.			
I know that happiness is linked to being connected to others.			
I can understand the moral responsibilities when seeking consent and the importance of respecting and protecting an individual;' right to give, not give or withdraw consent.			
I can understand the advantages and disadvantages of different methods of contraception, including protection from STIs.			
I can use strategies for maintaining positive emotional wellbeing			
I can explain activities that can promote emotional wellbeing.			
I know how the different sexually transmitted infections (STIs), including HIV and AIDs, are transmitted, how risk can be reduced through			



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safer sex (including through condom use) and the importance of and facts about testing.			
I can understand tax and national insurance.			
I can understand how to access emergency contraception and the time frame within which it can be effective.			
I know how to recognise the early signs of mental wellbeing concerns.			
I know about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.			

	Autumn 2023-24	Spring 2023-24	Summer 2023-24
	Health and wellbeing-Alcohol	Relationships-Respectful relationships	Living in the wider world-Careers and your future
I can recognise how to manage emotions in different relationships.			
I know the physical and psychological consequences of addiction, including alcohol dependency.			
I can demonstrate an ability to solve problems.			
I can understand how to promote a personal brand.			
I have a knowledge and understanding of what alcohol is.			



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I can show how to develop healthy relationships across culture and society.			
I know the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.			
I can identify the skills and attribute that employers look for in their employees.			
I can demonstrate an awareness of the career choices available locally and nationally.			
I can understand what makes for healthy or unhealthy relationships.			
I know the difference between social pressure and peer pressure in relation to alcohol. Identify strategies to avoid drinking alcohol if you do not want to.			
I can understand what it means to be employable.			
I can understand the effects of drinking alcohol.			
I can explain the concept of consent in a variety of contexts.			
I can identify the signs of alcohol poisoning and know what to do.			
I can develop a life plan that identifies personal aspirations, attributes and skills: be able to set compelling goals.			



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I can show how to develop healthy relationships in different contexts			
I can understand the impact that alcohol can have on emotional health and wellbeing.			

Skills	Autumn 2024-25	Spring 2024-25	Summer 2024-25
	Health and wellbeing- Social Media	Relationships- Families and parenting	Living in the wider world-Living in Modern Britain
I can recognise extremism and radicalisation, including when someone is at risk of being radicalised.			
I can understand the options available in the event of an unplanned pregnancy.			
I can understand the consequences of posting online and the potential impact to reputation.			
I can identify harmful behaviours online; understand how to report it and access support if you have been affected by those behaviours.			
I can understand how to be a critical consumer of online information in all forms; appreciate how social media can expand, limit or distort an individual's view of the world.			
I can recognise the roles and responsibilities of parenting.			



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I can understand how media stereotypes or manipulated images adversely affect body image and self-esteem.			
I can understand why it is important for everyone to vote.			
I can understand why it is important to develop digital resilience.			
I can understand the impact of a healthy lifestyle on pregnancy and early infants.			
I can understand how social media can be used to distribute propaganda, coerce and manipulate.			
I know how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if I have been affected by those behaviours.			
I can understand the impact that being a parent can have on your lifestyle.			
I can explain the concept of forced marriage.			
I can recognise digitally enabled stalking (cyber stalking) and what to do if you are affected.			
I can recognise different sorts of relationships and concepts of family; Understand the legal status of different relationships.			