



Learning journey topics

	Mind, body and wellbeing	Playing safe	The 3 R's (Recognise, Respond, Risk)	Life Beyond school	Me, myself and you	Sex Ed	Changing bodies	Online safety
This theme is concerned with	Physical health and mental wellbeing.	Personal safety and uses key themes and elements of the protective behaviours approach.	Drugs, alcohol, tobacco, and risk-taking.	Practical, skills and financial wellbeing.	Our relationships with others.	Sex education.	Changing bodies as we enter adolescence.	Safety online and the relationships we have online.
It covers statutory learning about	Physical health and fitness/ healthy eating/ mental wellbeing.	Being safe/ mental wellbeing/ internet safety and harms/ drugs, alcohol and tobacco/ health and prevention/ healthy relationships/respectful relationships.	Drugs, alcohol and tobacco. It also contributes to the following focus area: Respectful relationships/ health and prevention.	Health and prevention.	Families and people who care for me/ caring friendships/ respectful relationships/ online relationships	Changing adolescent body	Changing adolescent body	Internet safety and harms / online relationships





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