Our Lady's What will I learn in PSHE? Catholic High School Economic Career pathways wellbeing Reviewing online $R_{e_{lationships}}$ safety topic Year **Achieving Future Success** 11 Planning for the Being safe: FGM next steps Reviewing relationships topic Healthy coping British values strategies Year Eating Faith and Justice Day disorders 10 Great generation Self esteem Self harm Drugs alocohol Health and prevention and tobacco Year Anxiety and depression Be Healthy Emotions Spoitting the signs **◄** Being safe Respectful Equality and relationships and diversity: LGBT Faith in action friendships Families Year Relationships Faith and Justice Day 8 Intimate relationships and sexual health Online and media Changing Physical health adolescent body Healthy eating and fitness Year Internet safety Online Safety Be Healthy

and harms