RSHE Learning Journey What are S.M.A.R.T. goals? Is gambling a risk to my How do I make my economic wellbeing?? voice heard? Level 3 Courses How does my social media What steps can I take to represent me? manage stress and anxiety? My friend just said something extreme! Should I be worried? Am I prepared for my next steps? What are people's options when it comes to What are my financial family What is an 'invisible illness' and How do I cope with the responsibilities? planning? who can I talk to? challenges of serious illness? How do I spot the signs of a How do I keep myself bad relationships and how healthy and safe in do I help?? relationships and sex? How can an addiction affect my wellbeing? Is everything I see on How do I set and respect TikTok true?? personal boundaries? What substances are How do I manage my What are the issues facing MASTERING hazardous to my health? money to balance my the world and what are my wants and needs? rights? What can I give back to my community? How can I be an ambassador How do I get help in an for positive mental health? emergency? First Give ESTABLISHING How do I take care of myself as I begin How do I stay safe in the Help! I am changing! How secondary school? do I stay healthy? community? How do I make and keep Who lives at 10 Downing street positive relationships? and why can they tell me what to do? **Speed Check** – Data will be taken to see if you need a diversion to your journey or extra support on the road.