**PSE Learner Journey**

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| **S4** | **Learning Intention** | **Success Criteria – learners will be able to;** | **Planned Homework activities** | **Ways to Support Learning at Home** | **Assessment** |
| **Healthy Relationships, Sexual Health and Parenthood** | Develop and maintain healthy positive relationships | * Explain the importance of good parenting
* Explore the impact of parenting on life choices
* Through investigation, explain the support available for parents and carers looking after babies and bringing up children
* Identify how attitudes, beliefs, values and morality can influence decisions about friendships, relationships and sexual behaviour
* Develop decision making skills about relationships and sexual behaviour and apply these in situations that may be challenging or difficult
 |  | * Discuss with pupils what they have been learning in class to develop open and honest communication
 | * Classroom observation
* Peer and self-assessment
* Learning conversations
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| **Passport of Skills** |
| * Working with Others
* Taking Responsibility
* Communication
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| **Mental Health, Exam Stress and Study Skills** | Develop skills and strategies which will support me mentally at exam timesDevelop for study and exam preparation | * Identify strengths and areas for development in relation to study
* Explore study techniques
* Plan the preparation for assessment s and exams
* Identify the signs of pre-exam stress
* Practice techniques to relieve stress
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| **Passport of Skills** |
| * Planning and organising
* Responsibility for self-development
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|  **Substance Misuse** | Make informed personal choices to promote healthy lifestyles in relation to prescribed medicines, alcohol, tobacco and solvents | * Demonstrate the skills / qualities required to assess and manage risk
* Explain the potential consequences of substance misuse can have on decision making
* Know how to access local and national support services
* Demonstrate strategies for making informed choices in relation to a range of substances
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| **Passport of Skills** |
| * Taking Responsibility
* Working with others
* Communicating
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