**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 |
| **Passport of Skills** |
| * Working with Others * Taking Responsibility * Communication |
| **Mental Health, Exam Stress and Study Skills** | Develop skills and strategies which will support me mentally at exam times  Develop 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 |  |  |  |
| **Passport of Skills** |
| * Planning and organising * Responsibility for self-development |
| **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 |  |  |  |
| **Passport of Skills** |
| * Taking Responsibility * Working with others * Communicating |