

Journey Checklist

Student Name:	Year / Room:
Teacher:	Date:

Being yourself		
Lesson	Attempted	Achieved
Being yourself		
Differentiating between self and others		
Awareness of basic emotions		
Understanding yes/no, like/dislike		
Awareness of feelings in different situations		
How to communicate how you are feeling		
Developing self awareness		
What to do if you feel uncomfortable around someone		
Understanding consent		
Gender identity		
Sexual orientation		

Communication and social skills		
Lesson	Attempted	Achieved
Conversation skills development		
Types of greetings		
Public and private talk		
Differentiate between friends and community helpers		
How to communicate how you are feeling		
How others might react to emotional expression		
Ways to respond to the emotions of others		
Who can you talk to about how you are feeling?		
Understanding consent		
Awareness of stage of developing a sexual relationship		
Saying no to friendships or relationships		

Consent		
Lesson	Attempted	Achieved
Awareness of feelings in different situations		
Safety Continuum: safe and unsafe types of being afraid		
Understanding consent		
Different types of relationships		
Consent in relationships		
Understanding that sex can only happen when both people say yes or give consent		

Protective behaviours

Lesson	Attempted	Achieved
What is safety?		
Who can you talk to about how you are feeling?		
Who are your safe people?		
Who are community helpers?		
Differentiate between friends and community helpers		
Recognising early warning signs: When I'm afraid I feel...		
Looking after your feelings		
Awareness of feelings in different situations		
Safety Continuum: Safe and unsafe types of being afraid		
Problem solving skills		
How people might communicate		
Saying no		
Emergencies		
Introduction to different types of touch		
Understanding consent		
How to communicate how you are feeling		
It is OK for others to touch you? What should you do if you are touched by another?		

Puberty

Lesson	Attempted	Achieved
Labelling private body parts		
Changes in male bodies during puberty		
Changes in female bodies during puberty		
Understanding what is meant by Intersex		
Changes in feelings with puberty		
Taking care of your appearance		
Understanding how to keep your body clean		

Public and private

Lesson	Attempted	Achieved
Public and private places		
Sort public and private places		
Making a space private		
Public and private body parts		
Public and private behaviours		
Public and private talk		

Types of relationships

Lesson	Attempted	Achieved
Differentiating between self and others		
What is a stranger?		
Understanding what a family is		
Understanding what a friend is		
Who are community helpers?		
Differentiate between friends and community helpers		
To be able to differentiate between family members and non-family members		
Understanding different types of families; what type of family do you live in?		

Internet safety

Lesson	Attempted	Achieved
What is the internet?		
What to know when using the internet		
What is social media		
Staying safe online		
Understanding online relationships		
Online stalking and harassment		
Pornography		
Pornography and your rights		
Online dating		
Sexting		
How do you report online abuse?		

Pregnancy

Lesson	Attempted	Achieved
What is pregnancy?		
How can you get pregnant?		
Fertility issues		
Unplanned pregnancy		
Pregnancy signs		
Pregnancy options		
Getting support when pregnant		
Body changes during pregnancy		
Fetal development		
Pregnancy complications		
Keeping me and my baby healthy		
Preparing for a baby		
Giving birth		
What to expect after birth		
Recovery after birth		

Safer sex practices

Lesson	Attempted	Achieved
Understanding consent		
Understanding that sex can only happen when both people say yes or give consent		
Awareness of stages of developing a sexual relationship		
Understanding sexy touch and the rules around sexy touching		
What is sexual intercourse		
What is oral sex?		
What is anal sex?		
Safer sex		
Where is an appropriate place to have sex?		
Awareness of sexually transmitted infections		
How can you get pregnant?		
Unplanned pregnancy		
Contraception		
Using a condom		
How to clean up after sexual intercourse		
What should I book a sexually transmitted infection screen?		
Rights and the law with sexual intercourse		
Who it is against the law to have sex with?		
If you are the victim of a crime		

Skills for the workplace

Lesson	Attempted	Achieved
Work experience and training opportunities		
Practical skills for work		
Job description and interview		
Work hours		
Presentation at work		
Getting ready for work		
Basic requirements of employment		
Communication skills for work		
Appropriate and inappropriate behaviours at work		
Appropriate and inappropriate talk at work		
Boundaries at work		
Safe people at work		
Protective behaviours at work		
Bullying at work		
Managing conflict at work		
Personal Protective Equipment and Occupational Health and Safety		
After work tasks		

* Certificate for completing skills for the workplace journey can be found [here](#).

Types of health checks

Lesson	Attempted	Achieved
Public and private body parts		
What is sexual health?		
What is a health check?		
How to prepare for a health check		
Health appointment		
Hospital visit		
Vaccinations for sexually transmitted infections		
Sexual health checks		
Breast checks		
Testicular health		
Cervical screening		
Bowel screening		
Prostate health		
How you may feel after a health check		
Health check follow up		

Additional Notes: