

THE KEY STAGE 5 JOURNEY

2026 UPDATE

YOUR JOURNEY OF LIFE

START

01 STARTING SALARIES & DEDUCTIONS
Students investigate the starting salaries of different types of work and then estimate their approximate take-home pay after deductions like tax and national insurance.



02 CONSIDERING YOUR LIVING ARRANGEMENTS
Students investigate the price of different housing options such as houses, flats, bedsits etc. in the areas they wish to live when older.
Students also investigate the costs of utilities and council tax to see what they can afford which is then deducted from their take home pay.

03 WEEKLY FOOD BUDGET
Students plan the meals they will eat in an average week and work out the approximate monthly costs of their food bill. Again deducting this from their remaining income.

04 LUXURY ITEMS & THEIR COSTS
Students decide what items they think they need in their lives such as broadband and mobile phone contracts, and work out whether they can afford them using their finances worked out in previous lessons.



05 LEARNING TO DRIVE
Students investigate the cost of lessons and the requirements for passing a test including theory and practical.
They also investigate the different categories of vehicle they can drive depending on their age.



06 THE COST OF LEARNING TO DRIVE
Students investigate all the associated costs of learning to drive and owning a car including insurance, car finance, fuel costs, MOT etc.

07 LGBTQ+ ISSUES
Students investigate the different ways people choose to identify their gender and sexuality, as well as finding out about countries where being LGBT+ is acceptable or illegal, and looking at some social issues with LGBT+ acceptance.

08 CREDIT CARDS
Students are taught how credit cards work, investigate the benefits and pitfalls of using them including the associated fees and charges, and how to assess repayment options.



09 RESPONSIBLE BORROWING
In addition to credit cards students investigate the other options for borrowing such as loans, overdrafts, mortgages etc. including the associated fees and charges.

10 RESPONSIBLE SEXUAL ACTIVITY
Students learn the important features of sexual activity including consent, who's responsible for contraception, in addition to sexual health throughout one's life including menopause, impotence and vasectomies.



11 MANAGING MENTAL HEALTH
Students learn some of the key behaviours which can lead to depression such as magnification and over generalisation. They also investigate where they can go for help and engage with appropriate coping strategies for other issues such as stress. Recognising different forms of depression such as SAD & available treatments such as CBT.

12 POLITICS
Students investigate the role of parliament and the process of voting in elections. They also investigate the role of their local MP and how students can get involved in politics and make a difference.

13 DRUG USE
Students look at the dangers and the legal penalties involved with taking illegal drugs in addition to the health implications. They also investigate behaviours more likely to occur due to reduced inhibitions such as the contraction of infections due to unprotected sex or the sharing of needles, along with the wider ramifications such as potentially losing your job.



Forty fully planned video lessons, each with its own worksheet.

Plus 5 new bonus lessons!

14 TRAVELLING SAFELY
Investigate the safe way to go travelling including gap year opportunities and the use of the British consulate when losing a passport etc. How to apply for a passport and what visa restrictions for certain countries mean. Value for money with flying, train, car or ferry etc. Difference between self catered, half board, all inclusive etc.



15 WELLNESS
Investigate a healthy meal and exercise plan that could fit into your schedule. How you can exercise without going to a gym and investigate the dangers of fad diets.



16 SUSTAINABLE LIVING
Investigate what changes you could make to your daily life to eliminate the need for single-use plastics. Other sustainable changes you can make include reducing food waste.

17 PREGNANCY
What to expect during pregnancy and the first years of life. Investigate the maternity and paternity pay and rights of both mother and father as well as abortion and age of pregnancy and fertility.



18 GETTING MARRIED
What are the cost implications of getting married, the different options available including civil partnerships and non religious ceremonies, who can get married, ages, rights etc.

19 CRIME & YOUR BEHAVIOUR
The impact of your behaviour and the different types of crime. Do you know what behaviours are against the law?

20 EMPLOYMENT RIGHTS & RESPONSIBILITIES
Entitlements to breaks, holidays, minimum wage, redundancies, grievance procedures and unfair dismissal.

21 UNDERSTANDING & RESPECTING OTHERS
Conflict management with neighbours and working colleagues. What makes a healthy working environment? For example, working with other races or religions. What are your rights as a homeowner? For example, chopping down trees.

22 FAKE NEWS & CONTROL OF THE MEDIA
Looking at the impact of control and ownership of the media and the importance of fact checking sources of political information and how crime rates can be distorted.

23 MEDIA DISTORTIONS OF BODY IMAGE
A look into body image and how the media can distort this. What is realistic and what is desirable with body image and how has this changed over time.

24 PET OWNERSHIP
What are your responsibilities as a pet owner?
Investigate insurance and medical procedures, registering with a vet, exercise and a healthy diet and time commitments.

25 IMPORTANCE OF A WILL
Investigate how to get a will, what are the legal ramifications of writing your own, what happens if someone dies without one.



26 LEGAL REGISTRATIONS
Births, marriages, deaths, tax returns etc. - what restrictions are in place for naming children, how do you register a death and why it is important. Who has to fill out a tax return?

27 EMERGENCIES
What is appropriate to attend A&E for? What should you call 999 for rather than 111, how to register with a GP and why you should, dental registrations and when do you have to pay for procedures, NHS covered issues and those that are not for example opticians.

28 HEALTH & WELLBEING
How to check for lumps in boys and girls. What tests and when; such as smear tests. Available and recommended vaccinations. Eye tests and dental check ups.

29 ONLINE BEHAVIOUR & ITS RAMIFICATIONS
Consider the use of usernames and emails when applying for jobs. The consequences of trolling, stalking and harassment online, including revenge porn.
Consider how your online presence may be scrutinised prior to or during employment, and how to spot online fraud.

30 RECOGNISING DESTRUCTIVE BEHAVIOURS IN YOURSELF & OTHERS
How to recognise destructive behaviours such as gambling, alcohol or drug addiction, substance abuse and radicalisation.

31 SLEEP
The importance of sleep and the effect your circadian rhythm can have on your wellbeing; Jet lag, shift patterns etc.

32 CAMPAIGN FOR CHANGE
What are the key features of successful social change? Consistency, commitment, flexibility. Examples of same sex marriage, women voting, environmental awareness.

33 CREDIT SCORES
What is a credit score and why it's important. What impacts your credit score, how long it stays on record and what you can do to improve it.

34 WHISTLE-BLOWING
What does this refer to and what are people's moral obligations to do it? What is the protocol and what are your rights and protections?

35 IDENTITY & ITS IMPORTANCE IN MODERN DAY
What identities are important or relevant? Sexual, racial, class, gender etc.

36 DEALING WITH DISABILITY
Learn about the rights of disabled people including what financial assistance is available, and consider how to treat disabled people when talking to them and how to be more mindful of people with disabilities.

37 GLOBALISATION
Learn what globalisation is and the positive and negative impacts it's had, including: working together, shared resources and identity. As well as corruption, destroying natural resources and exploitation.

38 THE DISTRIBUTION OF WEALTH & POWER
Is poverty necessary to ensure a supply of labour to do the dirty, dangerous or menial jobs in society? Should wealth be kept within the family? Is pay a good indicator of hard work?

39 THEORIES OF RELIGION
Does religion oppress or inspire its followers? And investigate how religions have developed over time.

40 LIFE AFTER RETIREMENT
Look at the pros and cons of not working. Usefulness of a pension scheme and a state pension vs. private pensions.

END

BONUS LESSONS

MANAGING PERSONAL SAFETY
How to identify and manage risks around roads, railways and waterways and how to respond to peer pressure in situations such as these.

THE HEALTHCARE SYSTEM
Learn what is appropriate to attend A&E for, calling 999 versus 111, how to register with a GP and why you should including the concept of Gillick competence.

ONLINE SUB-CULTURES
Learn about how subcultures such as incels might influence the understanding of sexual ethics, sexual norms and misogyny. The use of AI chatbots and knowing who to trust.

DEEPFAKES AND DIGITAL DECEPTION
What are deepfakes and how are they created. How to spot AI generated sexual images and the rise of sextortion.

THE FACTS ABOUT VAPING
Learn about the potential harms posed to young people about vaping and the role that vapes can play in helping adult smokers to quit.

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The most engaging way to learn sixth form PSHE