PSHE

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Community High School

Year 11

Lifelong wellbeing		
Autumn 1	**Knowledge** • To know about the impact of new opportunities and challenges on someone's mental health and wellbeing, and strategies to help someone manage these challenges. • To know how to manage emotions when encountering opportunities and challenges throughout life. • To learn about mental health difficulties that commonly affect young people. • To know how to change thinking patterns to support wellbeing and how to seek support. • To learn about change, loss and grief, strategies for managing them and how to access support. • To know how to use strategies for managing change, loss and grief and how to access support. • To know about the importance of sleep and strategies to maintain healthier sleep habits. • To know how to use strategies leant to maintain healthier sleep habits	**Key vocabulary** Mental health Anxiety Depression Grief Bereavement

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Drugs and personal safety		
Autumn 2	**Knowledge** • To know the different internal and external influences that can affect decisions around alcohol and drug use. • To know how to get support for individuals with problematic substance use, including addiction and dependency. • To know about the risks of belonging to a gang and involvement in gang behaviours • To know how use this knowledge about gang behaviours to make good, informed decisions and make healthy relationships in my life. • To know about strategies to support personal safety, especially when out socialising with peers. • To know how to identify situations where people may feel unsafe and evaluate how to support personal safety for each other	**Key Vocabulary** Substance Addiction Dependency Initiation Personal safety VAWG (Violence against women and girls) Sexual harassment

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Safe relationships and sexual health		
Spring 1	**Knowledge** • To know what makes a healthy relationship • To know how to identify unhealthy aspects of a relationship like coercive control and know how to get help if this is needed • To know what appropriate and inappropriate relationship behaviours are. • To know how to manage relationships and breakups respectfully and safely. • To know about contraception, STIs and sexual health services • To know how to use this information to make informed choices around sex and sexual health and know how to access support and services around this.	**Key vocabulary** Coercive control Contraception Sexually transmitted infection

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Families, fertility and pregnancy		
Spring 2	**Knowledge** • To know about relationships including marriage, forced marriage. the legal status of marriage and parental responsibilities. • To know how to use this knowledge to make informed choices around committed relationships and parenthood in our lives. • To know about fertility, routes to parenthood and options in case of unwanted pregnancy • To know how and where to seek help and support with fertility issues and unwanted pregnancy.	**Key Vocabulary** Marriage Forced marriage Fertility

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Managing and maintaining health		
Summer 1	**Knowledge** • To know about the health risks of tattoos, piercings and sun exposure/ sunbeds. • To know how to make informed and healthy decisions about tattoos, piercings and sun exposure in my life. • To know what menopause is • To know how the menopause can impact the lives on women and where to get more advice and support surrounding this.	**Key vocabulary** Tattoos Sun exposure Menopause Perimenopause