

Curriculum Summary – PSHE (Year 11)

Autumn	Spring	Summer
<p>Next Steps (7 Lessons) Students will learn:</p> <ul style="list-style-type: none"> • How to use feedback constructively when planning for the future • How to set and achieve SMART targets • Effective revision techniques and strategies • About options post-16 and career pathways • About application processes, including writing CVs, personal statements and interview technique • How to maximise employability, including managing online presence and taking opportunities to broaden experience • About rights, responsibilities and challenges in relation to working part time whilst studying • How to manage work/life balance <p>Communication in Relationships (RSE) (4 Lessons) Students will learn:</p> <ul style="list-style-type: none"> • About core values and emotions • About gender identity, gender expression and sexual orientation • How to communicate assertively • How to communicate wants and needs • How to handle unwanted attention, including online • How to challenge harassment and stalking, including online • About various forms of relationship abuse • About unhealthy, exploitative and abusive relationships • How to access support in abusive relationships and how to overcome challenges in seeking support <p>Families (RSE) (4 Lessons) Students will learn:</p> <ul style="list-style-type: none"> • About different types of families and changing family structures • How to evaluate readiness for parenthood and positive parenting qualities • About fertility, including how it varies and changes • About pregnancy, birth and miscarriage • About unplanned pregnancy options, including abortion • About adoption and fostering • How to manage change, loss, grief and bereavement • About 'honour based' violence and forced marriage and how to safely access support 	<p>Life Skills – Cooking (3 Lessons) Students will cook:</p> <ul style="list-style-type: none"> • Breakfast Muffins • Calzone Pizza • Shortbread <p>Health and Wellbeing – Building for the Future (3 Lessons) Students will learn:</p> <ul style="list-style-type: none"> • How to manage the judgement of others and challenge stereotyping • How to balance ambition and unrealistic expectations • How to develop self-efficacy, including motivation, perseverance and resilience • How to maintain a healthy self-concept • About the nature, causes and effects of stress • About stress management strategies, including maintaining healthy • About healthy sleep habits • About positive and safe ways to create content online and the opportunities this offers • How to balance time online <p>Life Skills – Finance (6 Lessons) Students will learn:</p> <ul style="list-style-type: none"> • How to effectively budget and evaluate savings options • How to prevent and manage debt, including understanding credit rating and pay day lending • How data is generated, collected and shared, and the influence of targeted advertising • How thinking errors, e.g., gambler's fallacy, can increase susceptibility to gambling • Strategies for managing influences related to gambling, including online • About the relationship between gambling and debt • About the law and illegal financial activities, including fraud and cybercrime • How to manage risk in relation to financial activities 	<p>Health and Wellbeing – Exploring Influences (6 Lessons) Students will learn:</p> <ul style="list-style-type: none"> • About positive and negative role models • How to evaluate the influence of role models and become a positive role model for peers • About the media's impact on perceptions of gang culture • About the impact of drugs and alcohol on individuals, personal safety, families and wider communities • How drugs and alcohol affect decision making • How to keep self and others safe in situations that involve substance use • How to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime • Exit strategies for pressurised or dangerous situations • How to seek help for substance use and addiction