

PSHE Year 11 Curriculum Map

Term	I am learning	By the end of this topic I will be able to
<p><b>Autumn</b></p>	<p><b>Next steps</b> Application processes, and skills for further education, employment and career progression</p> <p><b>Communication in relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p>	<p>Know how to maximise employability, including managing online presence and taking opportunities to broaden experience</p> <p>Understand about rights, responsibilities and challenges in relation to working part time whilst studying</p> <p>Use feedback constructively when planning for the future</p> <p>Understand core values and emotions</p> <p>Consider gender identity, gender expression and sexual orientation</p> <p>Communicate assertively</p> <p>Know how to communicate wants and needs</p>
	<p><b>Building for the future</b> Self-efficacy, stress management, and future opportunities</p> <p><b>Communication in relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p>	<p>Know how to manage the judgement of others and challenge stereotyping</p> <p>Understand how to balance ambition and unrealistic expectations</p> <p>Develop self-efficacy, including motivation, perseverance and resilience</p> <p>Know how to handle unwanted attention, including online</p> <p>Know how to challenge harassment and stalking, including online about various forms of relationship abuse</p> <p>Know about unhealthy, exploitative and abusive relationships</p> <p>Know how to access support in abusive relationships and how to overcome challenges in seeking support</p>

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<p><b>Spring</b></p>	<p><b>Building for the future</b> Self-efficacy, stress management, and future opportunities</p> <p><b>Next steps</b> Application processes, and skills for further education, employment and career progression</p>	<p>Maintain a healthy self-concept</p> <p>Understand the nature, causes and effects of stress</p> <p>Develop stress management strategies, including maintaining healthy sleep habits</p> <p>Know the positive and safe ways to create content online and the opportunities this offers</p> <p>Balance time online</p> <p>Set and achieve SMART targets</p> <p>Develop effective revision techniques and strategies about options post-16 and career pathways</p> <p>Understand about application processes, including writing CVs, personal statements and interview technique</p> <p>Know how to manage work/life balance</p>
	<p><b>Families</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p> <p><b>Independence</b> Responsible health choices, and safety in independent contexts</p>	<p>Understand about different types of families and changing family structures</p> <p>Know how to evaluate readiness for parenthood and positive parenting qualities</p> <p>Know about 'honour based' violence and forced marriage and how to safely access support</p> <p>Identify the links between lifestyle and some cancers</p> <p>Know about the importance of screening and how to perform self-examination</p> <p>Know about vaccinations and immunisations</p> <p>Know about registering with and accessing doctors, sexual health clinics, opticians and other health services</p>

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		<p>Understand how to manage influences and risks relating to cosmetic and aesthetic body alterations</p> <p>Know about blood, organ and stem cell donation</p>
<p><b>Summer</b></p>	<p><b>Families</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p> <p><b>Independence</b> Responsible health choices, and safety in independent contexts</p>	<p>Know about fertility, including how it varies and changes</p> <p>Understand about pregnancy, birth and miscarriage, about unplanned pregnancy options, including abortion</p> <p>Evaluate reasons for adoption and fostering</p> <p>Know how to manage change, loss, grief and bereavement</p> <p>Assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads)</p> <p>Deliver emergency first aid skills</p> <p>Assess emergency and non-emergency situations and contact appropriate services</p>