

PSHE Year 12 Curriculum Map

Term	I am learning	By the end of this topic I will be able to
<p>Autumn</p>	<p>Mental health and emotional wellbeing Mental health and emotional wellbeing Managing stress, Body image, Healthy coping strategies</p> <p>Readiness for work Career opportunities Preparing for the world of work</p>	<p>Understand how to manage work-life balance, including study, leisure, exercise, sleep and time online</p> <p>Use strategies to promote mental health and emotional wellbeing and address difficulties</p> <p>Develop stress management strategies</p> <p>Recognize the signs of emotional or mental ill-health</p> <p>Know how, when and why to access appropriate support and treatment</p> <p>Know how to evaluate strengths, skills and interests in relation to future roles and opportunities</p>
	<p>Health choices and safety Independence and keeping safe Travel The impact of substance use</p>	<p>Be able to assess and manage risk and personal safety in new independent situations, including online</p> <p>Know how to manage personal safety in relation to travel, including cycle safety, young driver safety, passengersafety, using licensed taxis and getting home safely</p> <p>Understand safety, rights and responsibilities when travelling in the UK and abroad, including passport, visa and insurance requirements</p> <p>Identify and manage the impact of substance use on health, personal safety, decision making and sexualbehaviour</p> <p>Evaluate the consequences of substance use, and how to manage use of alcohol and other drugs</p> <p>Analyse the risks of being a passenger with an intoxicated driver and how to manage this</p> <p>Evaluate the impact of substance use on road safety, work-place safety, reputation and career</p>

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<p>SUMMER</p>	<p>Respectful relationships Consent, Assertive communication, Positive relationships and recognising abuse, Strategies for managing dangerous situations or relationships</p>	<p>Know how to seek and assertively give, not give or withdraw consent, in all contexts</p> <p>Understand the legal and moral responsibilities in relation to seeking consent and how to recognise factors that might affect capacity to consent</p> <p>Explain emotional, physical, social, and legal consequences of failing to respect others' right not to give or withdraw consent</p> <p>Know how to identify the signs of abuse, exploitation and assault or rape</p> <p>Know where and how to access support and report concerns, including online</p> <p>Evaluate attitudes towards sexual assault and their impact; how to challenge victim-blaming, including when abuse occurs online</p> <p>Understand how to recognise manipulation and coercion and manage negative influence and persuasion</p> <p>Develop exit strategies for unhealthy relationships</p> <p>Know about rights in relation to harassment, including online, stalking and violence, how to respond and where to seek help</p> <p>Explain the unacceptability and illegality of forced marriage and 'honour'-based violence and how to safely seek help</p> <p>Develop exit strategies for pressurised or dangerous situations.</p>
	<p>Readiness for work Career opportunities Preparing for the world of work</p> <p>Planning for the future Exploring future opportunities, Post-18 options, The impact of financial decisions</p> <p>Mental health and emotional</p>	<p>Write an effective CV and prepare for interviews for part-time work</p> <p>Investigate career opportunities in a global economy</p> <p>Evaluate the options available in education, training and employment post-18, including higher education, further training or apprenticeships, and gap year opportunities</p> <p>Evidence strengths and skills and use this when applying and interviewing for future roles and opportunities</p> <p>Understand the effects on body image and self-esteem, of idealised images of bodies</p>

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	<p>wellbeing Body image Healthy coping strategies</p>	<p>and pressure to conform Develop strategies to manage influences on body image Know how to manage influences and risks relating to cosmetic and aesthetic body alterations</p>
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