

PSHE Year 13 Curriculum Map

Term	I am learning	By the end of this topic I will be able to
<p>Autumn</p>	<p>Independence Managing change</p> <p>Building and maintaining relationships New friendships and relationships, Personal safety, Conflict resolution, Relationship changes</p>	<p>Identify and develop skills to improve adaptability and resilience during periods of change and strategies to manage change</p> <p>How to manage mature friendships, including making friends in new places how to manage strong emotions, communicate constructively and negotiate difficulties Strategies to recognise, de-escalate and exit aggressive social situations</p> <p>Understand the issues caused by racism, banter and bullying, prejudice and discrimination, hate crime</p> <p>Develop strategies to increase tolerance and understanding of different points of view</p> <p>Be able to recognize behaviours in society that might be deliberately designed to cause disruption</p> <p>Know when to offer support and where to go for support in a variety of situations</p>
	<p>Financial choices Managing money, Financial contracts, Budgeting, Saving, Debt, Influences on financial choices</p>	<p>Effectively plan expenditure and budget for changes in circumstances (e.g. when moving out or going to university)</p> <p>Understand salary deductions, including taxation, national insurance, student loan repayments and pensions, and how to manage these</p> <p>Evaluate savings options</p> <p>Know how to evaluate the potential gains and risks of different debt arrangements and repayment implications</p> <p>Know about the risks involved in different financial ventures, including illegal schemes (e.g. illegal money transfers)</p>

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<p>Spring</p>	<p>Intimate relationships Personal values, including in relation to contraception and sexual health, Fertility, Pregnancy</p> <p>Building and maintaining relationships Intimacy</p>	<p>Assertively communicate relationship expectations</p> <p>Recognise manipulation and coercion, how to seek and assertively give, not give, or withdraw consent</p> <p>Effectively evaluate and use the most appropriate methods of contraception in different circumstances (including emergency contraception) and communicate about use with a sexual partner</p> <p>About sexual health services, locally, nationally and online, and how to access and use them</p> <p>to recognise how fertility changes over time and evaluate the implications of this</p> <p>About the advantages of delaying conception</p> <p>About unintended pregnancy and young parenthood</p> <p>About the pathways available in the event of an unintended conception</p> <p>How to access appropriate advice and support in relation to pregnancy, including miscarriage</p> <p>How to maintain healthy, pleasurable relationships and about different levels of emotional intimacy, the role of pleasure, and the difference between 'love' and 'lust'</p>
	<p>Independence Responsible health choices, Managing change, Health and wellbeing, including sexual health, into adulthood</p>	<p>Skills to improve adaptability and resilience during periods of change and strategies to manage change</p> <p>About the importance of monitoring personal health and wellbeing</p> <p>How to make informed, independent health choices and manage media messages about health (including about vaccination/immunisation)</p> <p>How to maintain a healthier diet</p> <p>About registering with and accessing doctors, opticians and other health services</p> <p>About screening and how to perform (e.g. breast and testicular) self-examination</p> <p>About illnesses that particularly affect young adults, such as meningitis and 'freshers' flu'</p>

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	<p>Next steps Maintaining a positive professional identity</p>	<p>How to reduce the risk of contracting or passing on an STI about accessing local and national advice, diagnosis and treatment in relation to sexual health</p> <p>How to build and maintain a positive professional identity and online presence</p> <p>That creating and sharing content online can contribute to, or challenge, a positive online presence</p> <p>How to effectively challenge online content that adversely affects personal or professional reputation</p> <p>How social media can expand, limit or distort perspectives</p> <p>How to set and maintain boundaries around personal privacy</p> <p>How to manage online safety in all its forms, including seeking help when appropriate</p>
<p>SUMMER</p>	<p>Building and maintaining relationships New friendships and relationships, including in the workplace, Personal safety, Intimacy, Conflict resolution, Relationship changes</p>	<p>How to manage mature friendships, including making friends in new places</p> <p>Strategies to confidently manage transitional life phases, such as leaving school, or leaving home for the first time</p> <p>About personal safety in new relationships, including online</p> <p>About relationship challenges and how to manage the ending of relationships safely and respectfully, including online</p> <p>How to assertively communicate and negotiate boundaries in relationships</p> <p>About professional relationships; how to build meaningful relationships in the workplace and establish and respect boundaries</p> <p>How to manage strong emotions, communicate constructively and negotiate difficulties</p> <p>Strategies to recognise, de-escalate and exit aggressive social situations</p> <p>How to evaluate the dangers and consequences of involvement in gangs, serious organised crime or carrying a weapon</p>