

# Year 12 PSHE Curriculum

## Transition to KS5

- Reflecting on Y11
- Vision for Y12

## Communication

- Positive relationships
- Assertiveness
- Resilience

## Relationship Values

- Personal values
- Relationship challenges & abuse
- Contraception and sexual health

## Future self

- Personal strengths
- Positive online presence
- Post 18 options

## Relationships

- Consent
- Exploitation & manipulation
- Victim blaming
- Exit strategies
- Accessing support

To year 13

## Stress Management

- Stress management strategies
- Work-life balance
- Influences on mental health
- Managing mental health
- Accessing support

## Personal Safety

- Making informed decisions
- Online safety
- Emergency aid
- Travelling
- Substance use and misuse
- Accessing support

## Diversity

- Protected characteristics
- Prejudice & discrimination
- Racism
- Extremism & radicalisation

## Finances

- Credit & debt
- Safe financial choices
- Loans & repayment
- Types of bank accounts

## Looking beyond

- Applications for post-18
- Professional conduct
- Workplace etiquette
- Role of trade unions
- Professional bodies