The Orme Academy
PSHE Year 11 Learning Journey

Accessing support

Blood, organ and stem cell donation

Managing influence and risks associated with cosmetic surgery

Health services

Vaccinations and immunisations

Screening and self-examination

Assessing emergency and non-emergency situations

Contacting appropriate services

Links between lifestyle and some cancers

Emergency first aid

Managing risk and personal safety

Health and Wellbeing: Independence

Unplanned pregnancy options

Honour based violence and accessing support

Pregnancy, birth and miscarriage

Adoption and fostering

Evaluating readiness for parenthood

Relationship abuse

Personal values and assertive communication

Unwanted attention

Family structures

Relationships: Communication and families

Application support

Writing a CV

Writing a personal statement

Post 16 options

Career pathways

Managing the judgement of others and challenging stereotyping

Living in the Wider World: Next steps

Motivation and resilience

Maintaining healthy sleep habits

Smartphones and screen addiction

KS4 Study skills

Retrieval practice

Coping with exam stress

Planning for revision

Health and Wellbeing: Building for the future

Your Year 11 PSHE journey starts here!