



## Year 11 (PSHE)

<b>Overview</b>	<p>PSHE lessons form an important part in preparing our students to become successful adults. The curriculum covers a wide variety of topics where British Values are embedded throughout. Assemblies, form-time activities &amp; guest speakers are linked to lesson topics to provide a holistic delivery.</p> <p>The curriculum offers a platform for pupils to explore, debate and discuss real life topics and develop relevant life skills to enable them to become informed, empathetic, and responsible citizens.</p>
-----------------	---

Topic: Relationships and Sex Education (RSE)		Assessment
<b>Autumn Term</b>	<p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>■ Effects of alcohol and drugs (including consent)</li> <li>■ Peer on Peer Abuse</li> <li>■ Respect and relationships</li> <li>■ Teen pregnancy</li> <li>■ Breakups</li> <li>■ Sexualisation of the media</li> <li>■ Culture and Diversity</li> </ul> <p><b>Key knowledge:</b></p> <ul style="list-style-type: none"> <li>■ Being aware of risks associated with alcohol and drug taking including the capacity to consent and the law</li> <li>■ Signs of an abusive relationship and how to seek support</li> <li>■ Teen pregnancy, options and difficulties</li> <li>■ How to deal with conflict</li> <li>■ Sexualisation of women in the media</li> <li>■ Respect and understanding of different cultures</li> </ul>	<p>In class questions and discussion.</p> <p>End of term Microsoft Forms survey/quiz.</p>

Topic: Health and Wellbeing		Assessment
<b>Spring Term</b>	<p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>■ Sleep</li> <li>■ Fertility</li> <li>■ LGBT Rights</li> <li>■ Cancers (breast, ovarian, testicular, prostate)</li> <li>■ Eating Disorders</li> <li>■ Hate crime</li> </ul> <p><b>Key Knowledge:</b></p> <ul style="list-style-type: none"> <li>■ The importance of sleep on the brain and development</li> <li>■ Physical health and the impact on fertility</li> <li>■ Treating others with respect and considering how our behaviour can impact the wellbeing of others</li> <li>■ Types of cancers, how to spot symptoms and where to seek help</li> <li>■ Mental illness</li> </ul>	<p>In class questions and discussion.</p> <p>End of term Microsoft Forms survey/quiz.</p>

Topic: Living in The Wider World		Assessment
<b>Summer Term</b>	<p><b>Key themes:</b></p> <ul style="list-style-type: none"> <li>■ Women's Rights and Equality</li> <li>■ Online reputation and Digital Footprint</li> <li>■ Independent Living</li> <li>■ Time management and technology</li> </ul> <p><b>Key Knowledge:</b></p> <ul style="list-style-type: none"> <li>■ Sexism, rights, the law and employment</li> <li>■ Building a personal online brand and understanding how online behaviour can impact future employment</li> <li>■ Budgeting</li> <li>■ How gaming and social media can consume time</li> </ul>	<p>In class questions and discussion.</p> <p>End of term Microsoft Forms survey/quiz.</p>

Useful Resources for Supporting Your Child at Home:	Homework:
<p><a href="#">Relationships   Childline</a></p> <p><a href="#">Healthy relationships   NSPCC</a></p> <p><a href="#">Homophobic bullying   Childline</a></p> <p><a href="#">Your Child's Self-Esteem (for Parents) - Nemours KidsHealth</a></p> <p><a href="#">Parents Mental Health Support   Advice for Your Child   YoungMinds</a></p> <p><a href="#">Puberty   Childline</a></p> <p><a href="#">Female Genital Mutilation - Prevent &amp; Protect   NSPCC</a></p>	<p><b>Not Applicable</b></p>

[Bullying and advice on coping and making it stop | Childline](#)

[Criminal exploitation and gangs | NSPCC](#)

[Child Safety Online: A practical guide for parents and carers whose children are using social media - GOV.UK \(www.gov.uk\)](#)