

Year 11 PSHCE

Overview of Year 11: We want students to be confident in their management of stress, assured about their next steps and understanding of the world into which they are soon to move

Ways to consolidate and extend your learning in PSHCE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Learning Focus	Promoting mental health and coping with stress <ul style="list-style-type: none"> ● What are the challenges and positives of KS4? ● What stresses am I likely to experience? ● How can study habits and routines help to manage stress? ● How can someone to continue to promote their emotional health and wellbeing? ● What is resilience and what do resilient people do? 	Post 16 options and skills for employment <ul style="list-style-type: none"> ● What are my options after GCSE? ● What are someone's rights and responsibilities in the workplace? ● What are trade unions and why do workers join them? ● What sort of things would a potential employer want to know about you and how can you create a good first impression? 	Personal values and British values <ul style="list-style-type: none"> ● What are British values? ● How are British values demonstrated by individuals/leaders/ the community ● How might we promote British Values in our community? ● What does it mean to live in a diverse society? ● How might we manage conflict about our values? ● How can someone communicate their boundaries, wants and needs? ● What is the difference between a right and a responsibility? 	Healthy choices <ul style="list-style-type: none"> ● What forms of unwanted attention might someone experience and how can these be managed? ● What is grooming and what are the signs? ● What are the warning signs that someone is experiencing abuse in their relationship? ● What is 'honour' based violence? ● What is a forced marriage and why is it unacceptable? ● What does it mean to seek and give consent and how does a person know if their partner has consented? ● What is safe sex and whose responsibility is it? ● What could be the impact of drugs and alcohol on sexual behaviour? 		

				<ul style="list-style-type: none"> • What methods of contraception are available and why are they effective? 		
Content	Promoting mental health and coping with stress	Post 16 options and skills for employment	Personal values and British values	Healthy choices, including sex and drugs		
Skills	<ul style="list-style-type: none"> • Identify the challenges unique to KS4 and their strengths, positive qualities and areas for development, including elements of ELQs. • Demonstrate learning skills such as how to prioritise workload, revision routines, seeking advice etc • Describe the features of a resilient person and evaluate their own resilience. • Acknowledge that stress is a normal part of life and develop strategies to deal with stressful situations • Develop strategies to develop their own resilience 	<ul style="list-style-type: none"> • Consider the skills and qualifications required for next steps in education or workplace 	<ul style="list-style-type: none"> • Explain the terms democracy, tolerance and community cohesion • Evaluate the effect of British Values • Explain why some individuals may prioritise different values over others • Evaluate the advantages and disadvantages of living in a diverse society • Demonstrate methods for managing conflicting views • Identify core values in relation to intimate relationships and sexuality 	<ul style="list-style-type: none"> • Describe examples of unwanted attention and demonstrate strategies for managing situations where someone's attentions are making them uncomfortable • Understand that everyone has the right to be in a healthy relationship and that physical and emotional violence in relationships is always unacceptable • Explain what consent is and the reasons for the legal age of consent in the UK and understand that everyone has the right to give or not give consent for every sexual experience and that 		

			<ul style="list-style-type: none"> ● Explain when it is appropriate to compromise and when it is important to stick to core values 	<p>people have the right to change their mind or withdraw consent.</p> <ul style="list-style-type: none"> ● Explain the consequences of unprotected sex and know the pros and cons of different methods ● Understand what sexting is and the consequences of sharing explicit images ● Recognise that there is a diversity in sexual attraction and understand various forms of gender identity and sexual orientation and identify sources of support for students who may be LGBT ● Identify sources of information about safe sex and relationships 		
ELQs	Courageous	Determined	Reflective	Inquisitive		
Core Curriculum Component	H1, H2, H3, H4, H5, H6, H7, H10 R1, R2,	L1, L10, L11, L12, L13, L14, L15, L16, L17, L19,	R24, R25, R26, R27, R28, R29, L2, L3, L4, L6	R1, R2, R3, R4, R5, R6, R7, R8, R9, R10, R12, R13, R14, R15, R16, R17, R18, R19, R20, R21, R22, R23, R24, R25, R26, H9, H10, H14, H15 L8		