

PSHE – Year 11 Curriculum

Content (Intent)	Links to prior learning	Skills and Assessment (Implementation)	Expected Learning Outcomes (Impact)
<p>Term 1</p> <p>Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p> <p>Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>	<p>Build of their knowledge from Y10 of:</p> <p>Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes</p> <p>Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</p>	<p>Developing communication and negotiation skills, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> • Relationship values • Maintaining sexual health • Sexual health services • Managing relationship challenges and endings <p>Developing empathy and compassion, clarifying values and support-seeking skills:</p> <ul style="list-style-type: none"> • Families and parenting • Fertility, adoption, abortion • Pregnancy and miscarriage • Managing grief and loss 	<p>Communication in relationships</p> <ul style="list-style-type: none"> • about core values and emotions • about gender identity, gender expression and sexual orientation • how to communicate assertively • how to communicate wants and needs • how to handle unwanted attention, including online • how to challenge harassment and stalking, including online • about various forms of relationship abuse • about unhealthy, exploitative and abusive relationships • how to access support in abusive relationships and how to overcome challenges in seeking support <p>Families</p> <ul style="list-style-type: none"> • about different types of families and changing family structures • how to evaluate readiness for parenthood and positive parenting qualities • about fertility, including how it varies and changes • about pregnancy, birth and miscarriage • about unplanned pregnancy options, including abortion • about adoption and fostering

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			<ul style="list-style-type: none"> • how to manage change, loss, grief and bereavement • about 'honour based' violence and forced marriage and how to safely access support
Term 2 Building for the future Self-efficacy, stress management, and future opportunities	Build of their knowledge from Y10 of: Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation Democracy Understand the British political system, and how voting works	Developing confidence, self-worth, adaptability and decision making skills: <ul style="list-style-type: none"> • Recognising and celebrating successes • Transition and new opportunities • Aligning actions with goals 	Building for the future <ul style="list-style-type: none"> • how to manage the judgement of others and challenge stereotyping • how to balance ambition and unrealistic expectations • how to develop self-efficacy, including motivation, perseverance and resilience • how to maintain a healthy self-concept • about the nature, causes and effects of stress • stress management strategies, including maintaining healthy sleep habits • about positive and safe ways to create content online and the opportunities this offers • how to balance time online
Term 6 Next steps Application processes, and skills for further education, employment and career progression	Build of their knowledge from Y10 of: Setting goals	Developing resilience and risk management skills: <ul style="list-style-type: none"> • Money management • Fraud and cybercrime • Preparing for adult life 	Next steps <ul style="list-style-type: none"> • how to use feedback constructively when planning for the future • how to set and achieve SMART targets

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	Learning strengths, career options and goal setting as part of the GCSE options process Employability skills Employability and online presence		<ul style="list-style-type: none">• effective revision techniques and strategies• about options post-16 and career pathways• about application processes, including writing CVs, personal statements and interview technique• how to maximise employability, including managing online presence and taking opportunities to broaden experience• about rights, responsibilities and challenges in relation to working part time whilst studying• how to manage work/life balance

Websites:

Young Minds - www.youngminds.org.uk

Childline - www.childline.org.uk Phone: 0800 1111

Samaritans - www.samaritans.org Phone: 116 123

<https://www.annafreud.org/on-my-mind/self-care>

Money Advice Service

moneyadviceservice.org.uk

Citizens Advice

citizensadvice.org.uk/debt-and-money/borrowing-money

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Parental Support:

Fully Human '[Pornography and Human Futures](#)' report on how pornography shapes people's sexuality, self and values

Research briefing from Dr Elly Hanson '[What is the impact of pornography on young people?](#)

[CEOP resources for online safety](#)

Indecent Imagery - [bbfc-parents-guide-to-age-verification-and-online-pornography.pdf](#)

Videos: