

PSHE – Year 11

Our inclusive curriculum introduces our three key areas of study: Personal Wellbeing, Living in the Wider World and Relationships and Diversity. All students are introduced to Fundamental British Values, the Protected Characteristics and other key concepts to support their transition into high school.

	Half term 1 – Health and Wellbeing	Half term 2 – Health and Wellbeing	Half term 3 – Relationships	Half term 4 – Relationships	Half term 5 – Living in the wider world	Half term 6 – Living in the wider world
Knowledge & Skills	Students focus on preparing for Year 11 and GCSE success through goal setting, workload management, revision and organisation. They develop strategies to manage stress and anxiety, build resilience and maintain positive mental health. Healthy sleep, nutrition, exercise and daily routines are explored to support wellbeing and academic performance. Skills: Teamwork, Discussion, Questioning, Coping Strategies.	Students explore healthy relationships with family and friends, social media influence and body image. They examine addiction, substance misuse and associated risks, including alcohol, drugs, vaping and nicotine. First aid and emergency response are introduced, alongside an autumn assessment and reflection. Skills: Discussion, Questioning, Decision Making, Practical Application.	Students build understanding of romantic relationships, communication, conflict resolution, consent and the law. They learn about contraception, sexual health and STIs, and explore expectations and the impact of power, control and coercion. Skills: Teamwork, Discussion, Questioning, Coping Strategies.	Students learn to recognise and respond to unhealthy relationships, domestic abuse and sexual harassment. Online relationships, digital safety, sharing images, sexting and the law are covered. Pornography and media influence are explored to challenge unrealistic expectations and promote respectful relationships. Skills: Discussion, Debate, Decision Making, Reflection.	Students develop knowledge of employment rights, payslips, tax, national insurance and banking. They build financial literacy, including credit, debt, scams and online fraud. Citizenship, democracy, social action, careers and aspirations are explored alongside future pathways and GCSE preparation. Skills: Teamwork, Discussion, Debate, Questioning.	Students focus on enterprise, financial planning, budgeting and saving. They consider consumer awareness, online spending and community participation. Preparation for Key Stage 4 completion and transition to post-16 options is supported through reflection and planning for the future. Skills: Decision Making, Teamwork, Questioning.
Beyond The Curriculum	Enrichment Clubs – Join clubs to make new friends and get involved! Try card making, Lego robotics, rugby,	Enrichment Clubs – Active clubs, mindfulness, arts and drama are great ways to look after your health and wellbeing.	Enrichment Clubs – Try our friendship, kindness and anti-bullying activities. Be part of a community that celebrates	Enrichment Clubs – Learn about healthy relationships and respect through drama, debate and discussion groups.	Enrichment Clubs – Develop skills for the future through career workshops, enterprise	Enrichment Clubs – Manage money, take part in enterprise challenges and plan for your

	gardening and many more. Places to Visit • Local Library • Sports Centre • Youth Club Get Support • Form Tutor • School Nurse • Childline – 0800 1111 • Kooth (online support)	Places to Visit • Sports Centre • Park / Green Space • Local Library Get Support • School Counsellor • Mind (0300 123 3393) • Kooth (online support) • Young Minds – Parents Helpline (0808 802 5544)	everyone. Places to Visit • Library • Community Centre • Youth Club Get Support • Form Tutor • Tell Someone You Trust • Anti-Bullying Alliance (0800 121 7001) • Childline – 0800 1111	Places to Visit • Local Youth Service • Women's Aid (website) • Brook (sexual health advice website) Get Support • School Counsellor • NSPCC – 0808 800 5000 • Childline – 0800 1111 • Kooth (online support)	projects and guest speakers. Places to Visit • Careers Fair • Local Business Visits • College Open Days Get Support • Careers Advisor • National Careers Service (0800 100 900) • Form Tutor	future. Places to Visit • Bank / Building Society • Citizens Advice (website) • Money & Pensions Service (website) Get Support • School Finance Team • MoneyHelper (0800 138 7777) • Form Tutor
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