



PSHE Curriculum – Year 11

<u>PSHE Area</u>	<u>Topic</u>	<u>Weeks</u>	<u>Description</u>	<u>Accreditation</u>
Relationships, Sex and Health Education	Healthy Positive Relationships	1	Coercion	
	Boundaries and Consent	2	Sexual pressure – internal and external. Understand that ethical behaviour within a relationship involves equal concern for each other’s needs, consideration of power dynamics or vulnerabilities, and an awareness of the impact these can have on consent.	
	Harmful Relationship Behaviours	3	The illegality, unacceptability and harms of so- called ‘honour’- based abuse; the legal protections and reporting processes in place to support people at risk of forced marriage, FGM, virginity testing and hymenoplasty, and how to access help safely, report concerns, and protect	

			themselves or others.	
	Reproductive Health and Fertility	4	Healthy behaviours before and during pregnancy and how lifestyle choices can affect a developing foetus. Miscarriage and pregnancy loss and the support available. Reproductive and gynaecological health, including menopause and the importance of pelvic floor health. Where, how and why to access reproductive health advice and treatment.	
	Sex Education	5	The availability of PrEP and PEP to prevent HIV infection, and where, when and how to access them. How to respond if someone has, or may have, an STI. The effects of stigma and how to overcome barriers, such as embarrassment and misconceptions, to accessing sexual health services.	ASDAN Booklet. ASDAN Short Course PSHE (Sexual Health) Module 6 Section B Task 3.

		6	Where to find medically accurate information about contraception; how to choose and access appropriate contraception, including emergency contraception. The skills to discuss contraception use with a partner, and when necessary, assert their right to insist on its use. To be a critical consumer of sexual health information; how to identify and counter misinformation and disinformation in relation to sexual health advice and treatment.	
	Inclusion, Bullying and Discrimination	7	How harmful narratives can spread online, including misogynistic or violent ideas; how to report disturbing or inappropriate content and where to seek advice and support related to online content that normalises or glamorises unhealthy or illegal behaviours.	

		8	CLOSING THE GAP ACTIVITIES	
HALF TERM				
		9	Safe and appropriate ways to challenge misogynistic ideas, how to support those affected, and how to limit the spread of misogynistic beliefs and attitudes. How inequalities of power can impact behaviour within relationships, including sexual relationships; strategies to redress power imbalances and the importance of doing so for healthy relationships.	
	Online Life	10	The ethical, legal and social implications of sexual image sharing, including AI-generated sexual abuse and deepfake material; the protections and rights young people have in relation to sexual image sharing; ways to reduce harm, how to seek support and report concerns.	ASDAN Booklet. ASDAN Short Course PSHE (Social Media) Module 3 Section A Tasks 1,2,4,5
	Mental Health and Wellbeing	11	To recognise when they or others are using unhealthy coping strategies, such as self-harm,	

			disordered eating, alcohol or other substance misuse; the bidirectional relationship between substance use and mental health difficulties; the importance of seeking help, including when it is necessary to break a confidence to ensure someone else's safety or wellbeing.	
	Healthy Lifestyles	12	To recognise influences on food and drink choices, including alcohol, barriers to healthy eating, and strategies for managing these. The benefits of making healthier food choices over the life course; the risks associated with unhealthy weight gain, including type 2 diabetes, cardiovascular disease and cancer.	
	Keeping Well, Health Services and First Aid	13	The purpose of blood, organ and stem cell donation for individuals and society.	
		14	How to respond more confidently in emergencies by	

			revisiting and embedding first aid and life-saving skills, including cardio-pulmonary resuscitation (CPR) and the use of defibrillators.	
		15	CLOSING THE GAP ACTIVITIES	
HALF TERM				
	Drug Education	16	The physical and psychological consequences of problem-use of alcohol; the impact of alcohol and other drugs on decision making, risk-taking behaviour and sexual activity. Domestic Abuse.	
	Personal Safety, Risk and Influence	17	The law relating to weapons and violence, including purchasing or supplying weapons online; the concept of joint enterprise. Strategies to respond safely to conflict or violence amongst peers or in social settings, including how to safely exit violent situations	
		18	How to evaluate different sources of advice and support in relation to violence, gangs and other	AQA Credit 113512 Grooming, County Lines and Gangs.

			criminal behaviour, and when to encourage others to seek help, or report concerns on their behalf.	
Economic Wellbeing		19	The opportunities, risks and challenges involved in different financial decisions, including investments, pensions, contracts, loans and insurance.	
		20	Factors to consider before taking on debt and ways of managing debt.	
		21	CLOSING THE GAP ACTIVITIES	
HALF TERM				
Careers Education: Aspirations, Learning and Work		22-23	How to challenge stereotypes about particular career pathways, evaluate different role models, maintain high aspirations for their future, set realistic yet ambitious goals, and embrace new opportunities. Information, advice and guidance available to them on next steps and careers; how to access appropriate	

			support, be proactive and flexible and make the most of opportunities.	
		24-25	The benefits and challenges of cultivating career opportunities online; safe and positive ways to create and share content. Strategies to manage their online presence and how to evaluate its impact, including both reputational risks and career opportunities.	
		26	CLOSING THE GAP ACTIVITIES	