



PSHE OVERVIEW



Health and wellbeing:

- Setting goals for your future
- Causes of stress and management techniques
- Developing self-efficiency
- Managing self expectations

In Year 11, health and wellbeing education within PSHE supports pupils in setting goals for their future and developing self-efficacy. Pupils learn to recognise the causes of stress and practice strategies to manage it effectively, while reflecting on how to manage their own expectations. This learning helps pupils build resilience, confidence, and the skills needed to thrive in school and beyond.

Living in the wider world:

- CV writing
- Post-16 career paths
- Applications
- Interview techniques

In Year 11, living in the wider world education within PSHE prepares pupils for their next steps after school. Pupils develop practical skills in CV writing, completing applications, exploring post-16 career paths, and practising interview techniques. This learning equips pupils to make informed choices and approach future education, training, and employment with confidence.

Relationships and sex:

- Assertive communication
- Core values
- Domestic violence

In Year 11, relationships and sex education within PSHE helps pupils develop assertive communication skills and understand the importance of core values in relationships. Pupils also learn about domestic violence, including recognising signs and knowing how to seek help. This learning supports pupils in forming safe, respectful relationships and making responsible choices.

Health and wellbeing:

- Independent living
- Vaccinations and immunisations
- Cosmetic and blood donation

In Year 11, health and wellbeing education within PSHE supports pupils in preparing for independent living and taking responsibility for their health. Pupils learn about vaccinations and immunisations, as well as considerations around cosmetic procedures and blood donation. This learning equips pupils with the knowledge to make informed, responsible choices for their wellbeing now and in the future.

Relationships and sex:

- Different types of families
- Pregnancy and parental responsibilities
- Marriage, forced marriage and changing relationships

In Year 11, relationships and sex education within PSHE helps pupils understand different types of families and the responsibilities associated with pregnancy and parenting. Pupils also explore marriage, forced marriage, and how relationships can change over time. This learning supports pupils in making informed, responsible choices and developing respectful, healthy relationships.