

Year 11	Topic	What Students Learn
Autumn 1 & 2 Health & Wellbeing PSHE	Building for the future Self-efficacy, stress management, and future opportunities	<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 • The nature, causes, and effects of stress • Stress management strategies, including maintaining healthy sleep habits • Positive and safe ways to create content online and the opportunities this offers • How to balance time online
Spring 1 Relationships RSE	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges, and abuse	<ul style="list-style-type: none"> • 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
Spring 2 Health & wellbeing PSHE	Independence Responsible health choices, and safety in independent contexts	<ul style="list-style-type: none"> • How to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads) • Emergency first aid skills • How to assess emergency and non-emergency situations and contact appropriate services • About the links between lifestyle and some cancers • The importance of screening and how to perform self-examination • About vaccinations and immunisations • About registering with and accessing doctors, sexual health clinics, opticians, and other health services • How to manage influences and risks relating to cosmetic and aesthetic body alterations • About blood, organ, and stem cell donation
Summer 1 & 2 Relationships RSE	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage, and changing relationships	<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 • How to manage change, loss, grief, and bereavement • About 'honour based' violence and forced marriage and how to safely access support