

**Year 11 PSHE Curriculum 2019/20**

Autumn - Looking after me now and planning for the future	Spring - Looking after me, my health and relationships	Summer - Looking after me, my right and finances
Character traits – determination/ ambition/ helping others	Character traits – courage/ working with others/patience	Character traits – saving for the future/creative thinking
<p><b>Students will</b></p> <ul style="list-style-type: none"> <li>- Consider the opportunities and challenges of Year 11 and how to manage change.</li> <li>- Explore strategies to manage stress</li> <li>- Reflect on who their support network is</li> <li>- Consider how to prepare for exams effectively</li> <li>- Practise a range of study skills</li> <li>- Consider post 16 options and how to prepare for applications</li> <li>- Know what skills and qualities will be tested in applications</li> <li>- Practise interview techniques</li> </ul>	<p><b>Students will</b></p> <ul style="list-style-type: none"> <li>- Explore what are healthy relationships online and off line</li> <li>- Explore how to make sex safe</li> <li>- Consider what makes a positive sexual relationship</li> <li>- Consider options to pregnancy and the impact of lifestyle on the foetus</li> <li>- Explore the responsibilities of being a parent</li> </ul>	<p><b>Students will</b></p> <ul style="list-style-type: none"> <li>- Explore who can help me as I become more independent</li> <li>- Consider how to manage their health- including health checks</li> <li>- Rights and responsibilities at work</li> <li>- Know what's on a payslip and the law relating the PT work.</li> </ul>