

YEAR 11 PSHE LEARNING JOURNEY

RELATIONSHIPS AND SEX

Different Types of Relationships (inc. LGBT+), types of Committed Relationships, Unhealthy Relationships, Consent, Rape + Sexual Abuse
Bullying + Body Shaming, Sex, Waiting for Sex, Pleasure + Risk, Drugs, Alcohol + Sex



Start

HEALTH AND WELLBEING

Gambling, Addiction and Online Gaming
Obesity + Body Positivity
The Importance of Sleep and Relaxation
Fertility, STIs, Menopause, Reproductive Health
CPR, First Aid, Personal Safety + Taking Risks
Perseverance and Procrastination



LIVING IN THE WIDER WORLD

Internet Safety – The Dark Web + Cybercrime
Health + Safety, Trade Unions
Multiculturalism, Globalisation + Sustainability
Trade unions/health and safety at work
Preparing for a job interview



Spiral Approach to Content:
PSHE Association's Themes:
Health and Wellbeing
Relationships and Sex
Living in the Wider World
Additional Themes:
Citizenship and British Values
Careers – Gatsby Standards
Financial Education