

# Year 11 PSHE Learning Outcomes

## Unit 1: Building for the Future

By the end of this unit students will know...

- 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
- about the nature, causes and effects of stress
- stress management strategies, including maintaining healthy sleep habits
- about positive and safe ways to create content online and the opportunities this offers
- how to balance time online

## Unit 2: Independence

By the end of this unit students will know...

- 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
- about 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

## Unit 3: Communication in Relationships

By the end of this unit students will know...

- about 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

## Unit 4: Families

By the end of this unit students will know...

- 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

## Unit 5: Next Steps/Revision

By the end of this unit students will know...

- how to use feedback constructively when planning for the future
- how to set and achieve SMART targets
- effective revision techniques and strategies
- about options post-16 and career pathways
- about application processes, including writing CVs, personal statements and interview technique
- how to maximise employability, including managing online presence and taking opportunities to broaden experience
- about rights, responsibilities and challenges in relation to working part time whilst studying
- how to manage work/life balance