

Year 11 Relationships Sex and Health Education (RSHE)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Curriculum Content (Links to PSHE Association Specification)	<p>Wellbeing</p> <p>What is AI – suitable use and pitfalls, UK laws. AI safety.</p> <p>Coping with stress – how to identify, express and manage their emotions in a constructive way, how to maintain a healthy self-concept about the nature, causes and effects of stress</p> <p>Anxiety and healthy stress management strategies- how to develop self-efficacy, including motivation, perseverance and resilience</p> <p>H2, H3, H4, H5, H6, H7, H8, H9, H10</p>	<p>Relationships / Parenthood</p> <p>Choices in Parenthood - 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, pregnancy, birth and miscarriage</p> <p>Sexual Health - STIs, their treatment and how to reduce the risk of transmission, to overcome barriers, about sexual health and the use of sexual health services</p> <p>Love and Abuse - unhealthy, exploitative and abusive relationships, how to access support in abusive relationships and how to overcome challenges in seeking support</p> <p>H2, H3, H4, H8, H12, L22, H26, H27, H28, H29, H30, H31, R16, R17, R21, R23, R32, R2</p>	<p>School Wellbeing Project – working as a team and completing independent research on a relevant topic.</p> <p>Health – Prostate Cancer and Breast Cancer - how to take increased personal responsibility for maintaining and monitoring health including cancer prevention, screening and self-examination</p> <p>How to assess emergency and non-emergency situations and contact appropriate services, links between lifestyle and some cancers, the importance of screening and how to perform self-examination</p> <p>H14, H16, H3, H4, H11, H13, H14, H15, H16, H17, H18, H22, H23, H24, H27, H28</p>	<p>Health & Wellbeing</p> <p>Independence – Managing Risk, gambling and related harms, accessing support for themselves or others.</p> <p>External Visitor – ARA Gambling</p> <p>How to effectively budget, including the benefits of saving.</p> <p>H25, H22, H23, H24, H21, L16, L17, L18</p>	<p>Independence – Travelling in the UK and abroad, how to assess and manage risk in new independent situations e.g. personal safety.</p> <p>The consequences of substance and drug use and misuse.</p> <p>External Visitor – YZUP Drug Charity</p> <p>H19, H20, H22, H23</p>	<p>Revision Time provided for all students during RSHE lessons.</p>
Key questions	How can I manage stress and anxiety?	<p>How can I make the right decisions regarding sex and relationships?</p> <p>What does a healthy relationship look and feel like?</p>	<p>How can I make the right decisions regarding sex and relationships?</p> <p>What does a healthy relationship look and feel like?</p>	Can I make well informed decisions in a range of scenarios?	How can I keep myself safe in a range of diverse scenarios?	
Skills	<p>Empathy for others</p> <p>Keeping ourselves and others safe in a range of scenarios</p>	<p>Keeping ourselves and others safe in a range of scenarios</p> <p>Having confidence in your own decisions.</p>	<p>Having confidence in your own decisions.</p> <p>Understanding consent and applying this to a range of scenarios.</p>	<p>Having confidence in your own decisions.</p> <p>Understanding consent and applying this to a range of scenarios.</p>	<p>Keeping ourselves and others safe in a range of scenarios</p> <p>Having confidence in your own decisions.</p>	
Assessments		Pupil Assessment 1		Pupil Assessment 2		
NEA						
Homework	<p>My RSHE – Completion of RSHE Safe Sheet 1</p> <p>Movember competition entry</p>		RSHE Safe Sheet 2		RSHE Safe Sheet 3	