

CORE KNOWLEDGE

What I will know and understand by the end of Year 11.



This year in PSHE+ you will be able to:	This links to:	Key Vocabulary:
<p>Term 1</p> <p><u>Relationships and Sex Education</u> Evaluate risks around addiction and sexual intercourse</p> <ul style="list-style-type: none"> Understand respect for yourself and others. Know about patterns of addiction. Know about your own wellbeing and consider your own needs Understand fertility and how love, sex and procreation are linked. Know about 'adult content', including pornography and sexual desire. Know about different risky behaviours, including promiscuity, drug misuse, addiction, Sexually Transmitted Infections (STIs) and abortions. Understand what is meant by coercive control and how that type of abusive relationship can develop. <p><u>Health and Wellbeing</u> Evaluate how to prepare to support exam stress and look into post 16 finance.</p> <ul style="list-style-type: none"> How to prepare effectively, both mentally and physically for the GCSE Exams. Know more on finance by accessing the Martin Lewis Website. Explain different financial responsibilities Post 16. Evaluate further on accessing the NHS, including blood, organ and stem cell donation. Understand implications of cosmetic and aesthetic surgery. 	<p>- Y7: Changes that happen this year and how best to adapt to changes that may develop in school, at home or in the wider world.</p> <p>- Y8: Differences between different groups in society and how to live with tolerance, kindness and forgiveness. Including Protected Characteristics and LBGTQ+.</p> <p>- Y9: Know about the complexities of sexual intimacy. Including sexual consent and FGM.</p> <p>- Y10: Different values that you hold and know about the different forms of abuse. Reality of sex, including pregnancy.</p> <p>-Y7: Own health and wellbeing, understand transitional challenges, sleep, resilience, keeping safe, first aid and healthy budgeting.</p> <p>-Y8: Strategies around positive mental health, focused on appearance ideals. Staying safe near water, dealing with peer pressure and making healthy financial decisions.</p> <p>-Y9: Mentally and physically healthy during transition from KS3 to KS4. Staying safe from different types of drugs and the law around drug use. Know the dangers of gambling.</p> <p>- Y10: Know what Country Lines is and about Cannabis and Nitrous Oxide. Mortgage understanding and how financial crimes can happen online. Manage stress and your own health.</p>	<p>Respect, Addiction, Wellbeing, Fertility, Sex, Procreation, Adult Content, Pornography, Sexual Desire, Sexually Transmitted Infections (STIs), Abortions, Coercive Control, Abusive Relationship.</p> <p>Emotional Health, Wellbeing, Resilience, physically healthy, student finance, budgeting and savings, NHS, donation, cosmetic, aesthetic surgery.</p>
<p>Term 2</p> <p><u>Health and Wellbeing continued...</u></p> <ul style="list-style-type: none"> Recap First Aid and how to help others in need. Know how to use defibrillators. <p><u>Living In The Wider World</u></p> <ul style="list-style-type: none"> Evaluate workplace safety in preparation for the world of work. Know how to stay safe a post 16 setting. Develop a checklist for Post 16 to help you be an independent student. 	<p>- Y7: Know how to be a responsible citizen; gangs and the law, anti-social behaviour, racism, sexism. More informed career decisions.</p> <p>- Y8: Democracy in the UK and different types of employment and job sectors.</p> <p>- Y9: How to be a citizen in the multicultural society of the UK. Know about extremism, racism and fake news. Options process and different Post 16 pathways.</p> <p>- Y10: - Y10: Recruitment process, online and offline. Local and National job roles in Government , including how new laws are proposed and made. Application process for Post 16.</p>	<p>First Aid, Defibrillators.</p> <p>Workplace safety, personal safety, accidents.</p>
<p>Term 3</p> <p><u>Exam Period and Revision</u></p>		