

# Year 11 Learning Aid

## Personal, Social, Health and Economic Education (PSHE)

## What I will know and understand in PSHE by the end of the year.



This year in PSHE, we will be learning about:	This links to:	Key Terms:
<p><b>1</b></p> <p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>Laws relating to sexual exploitation, and understanding situations where a person might be exploited</li> <li>The features of an unhealthy relationship and why some relationships are unhealthy</li> <li>The features of stalking, and understand when unwanted attention becomes stalking and harassment</li> <li>The features and most important characteristics of a positive intimate relationship</li> <li>The main features of a pregnancy, reasons for the changes in a woman's body during pregnancy, and the belief that life begins at conception</li> <li>Different choices women make when pregnant, and why they make them when they become pregnant</li> <li>The main responsibilities of parenthood, and the importance of the role of the parent</li> </ol>	<ul style="list-style-type: none"> <li><b>Year 7</b> – Bullying and Abuse</li> <li><b>Year 8</b> – Harmful relationships / Cyberbullying</li> <li><b>Year 9</b> – Exploited CSE / Exploited Power and Control / Choices made about sex and relationships / Reproductive health</li> <li><b>Year 10</b> – Parenthood / Pregnancy and abortion / Abuse</li> <li><b>Year 11</b> – Birth control</li> </ul>	<ul style="list-style-type: none"> <li><b>Sexual Exploitation</b> – When someone is deceived, coerced or forced to take part in sexual activity</li> <li><b>Abusive relationship</b> – A relationship characterised by habitual violence or cruelty</li> <li><b>Stalking</b> – Wilfully and repeatedly following, watching or harassing another person</li> <li><b>Trolling</b> – Someone who deliberately upsets people online (maybe making nasty comments)</li> <li><b>Doxxing</b> – To search for and maliciously publish private info about someone on the internet</li> <li><b>Intimate</b> – Very closely acquainted</li> <li><b>Pregnancy</b> – The time during which one or more offspring develops inside a woman</li> <li><b>Parent</b> – A person's mother or father</li> </ul>
<p><b>2</b></p> <p><b>Relationships</b></p> <ol style="list-style-type: none"> <li>How formative experiences can shape a person's beliefs, values and attitudes, and how a person's faith can positively influence the way they respect themselves and others</li> <li>How addiction can affect a person's life, and strategies to resist/overcome the pull of short term high</li> <li>How pressure/stress/anxiety can contribute to poor emotional health which can lead to eating disorders</li> <li>Fertility and contraception, and Natural Family Planning and why it is the method of managing fertility that the church supports</li> <li>How porn gives unrealistic and unhealthy sex education, and how it harms relationships</li> <li>Facts and figures about STIs, the responsibility of getting tested, and the emotional/psychological impact of (regularly) engaging in casual sex</li> <li>Forms of coercive control, why victims find it hard to leave abusive relationships, and support available</li> </ol>	<ul style="list-style-type: none"> <li><b>Year 7</b> – Bullying and Abuse</li> <li><b>Year 8</b> – Mental and emotional disorders / Unhealthy coping strategies / Negative effects on mental health / Harmful relationships / Before I was born</li> <li><b>Year 9</b> – A healthy diet / Choices made about sex and relationships / Reproductive health / Love people, use things / Fertility and contraception</li> <li><b>Year 10</b> – STIs and how they are transmitted / Beliefs, values and attitudes / Parenthood / Pregnancy and abortion / Abuse</li> <li><b>Year 11</b> – Abusive relationships / Harmful relationships / Pregnancy</li> </ul>	<ul style="list-style-type: none"> <li><b>Attitudes</b> – A way of thinking or feeling with regards to someone or something</li> <li><b>Self-discipline</b> – Resisting pressures and short term satisfaction</li> <li><b>Discernment</b> – Decision making that is honest and wise</li> <li><b>Eating Disorder</b> – A condition characterised by irregular or abnormal eating habits</li> <li><b>Self-control</b> – Mastering one's sexual desires and behaviour for the sake of true love</li> <li><b>Self-worth</b> – Insight into one's innate dignity and that of others</li> <li><b>Responsibility</b> – Facing up to the consequences of decisions and their impact on oneself and others</li> <li><b>Misogyny</b> – Dislike of, contempt for, or ingrained prejudice against women</li> </ul>
<p><b>3</b></p> <p><b>Living in the wider world – Work Related Learning / Risks</b></p> <ol style="list-style-type: none"> <li>What is Labour Market Information (LMI), and what does it currently show for the North East</li> <li>Options I have once I leave school at 16, understanding the next steps, and identifying any particular qualifications, skills or experience that I might need</li> <li>Creating a CV, the difference between a good/bad one, misconceptions, and actions to improve my CV</li> <li>Appropriate times to use a personal statement, and the difference between a CV / personal statement</li> <li>Completing an application form correctly, and understanding different ways of applying for jobs/FE</li> <li>The law and associated risks of misusing drugs, and an increased awareness of County Lines and who to contact for help and support</li> <li>Why young people might choose to drink, risks of underage drinking, and sources of guidance/support</li> </ol>	<ul style="list-style-type: none"> <li><b>Year 7</b> – Employability skills / Dream jobs / Anti-social behaviour / Effects of poor behaviour</li> <li><b>Year 8</b> – What is a career / researching a career / Exploring skills and qualities / Drugs/Dangers of drugs / Alcohol</li> <li><b>Year 9</b> – Enterprise / Problem solving / Passion into Business / Creativity / Apprenticeships / A levels / BTECs</li> <li><b>Year 10</b> – Work Experience / Interviews/Health &amp; Safety / Behaviour / Suitable skills / Persistence and Resilience / Addiction / Alcohol and risky sexual behaviour</li> <li><b>Year 11</b> – Addiction</li> </ul>	<ul style="list-style-type: none"> <li><b>Labour Market Information (LMI)</b> - Is a useful tool to help research future jobs in the local area, understand the skills needed for certain roles and the demand for future employment.</li> <li><b>Curriculum Vitae (CV)</b> - A brief account of a person's education, qualifications, and previous occupations, typically sent with a job application</li> <li><b>Personal Statement</b> – A written explanation demonstrating to your future employer (using evidence) your skills and experience</li> <li><b>County Lines</b> - A form of criminal exploitation where criminals befriend children and then manipulate them into drug dealing. The 'lines' refer to mobile phones that are used to control a young person who is delivering drugs, often to towns outside their home county.</li> <li><b>Cuckooing</b> - Termed by the police, in which the home of a vulnerable person is taken over by a criminal in order to use it to deal, store or take drugs, hide weapons and other criminal activities</li> </ul>
<p><b>4</b></p> <p><b>Living in the wider world – Financial Awareness / Risks</b></p> <ol style="list-style-type: none"> <li>Key info on payslip, and that there will be deductions from my pay so take-home is less than gross pay</li> <li>The advantages and disadvantages of using credit or saving to make purchases, budgeting, and the financial implications of personal life choices</li> <li>The costs associated with renting and buying a property, and expense of living independently</li> <li>Situations that carry different levels of risk, &amp; how insurance can provide protection from financial risks</li> <li>What I need to know, including costs, about running and maintaining a car</li> <li>Why people smoke, why there are such strict laws on smoking, and the current UK tobacco laws</li> <li>Legal ages for gambling, why people might gamble, why it can be addictive, and what we can do to help those with gambling problems</li> </ol>	<ul style="list-style-type: none"> <li><b>Year 7</b> – Money / Budgeting / Bank accounts / Earnings / Online gambling</li> <li><b>Year 8</b> – Types of saver / budget balancing / household budgets</li> <li><b>Year 9</b> – The characteristics of a healthy lifestyle</li> <li><b>Year 10</b> – Addiction / Dangers of smoking / Peer Pressure</li> <li><b>Year 11</b> – Drugs / Addiction</li> </ul>	<ul style="list-style-type: none"> <li><b>HMRC</b> - Her Majesty's Revenues and Customs is the main tax collecting authority in the UK. It is responsible for collecting Tax</li> <li><b>PAYE</b> – 'Pay As You Earn' relates to the way that most employees pay their tax. The amount of PAYE depends on your earning</li> <li><b>National Insurance Contributions</b> - A fundamental component of the welfare state - payment of NI contributions establishes entitlement to certain state benefits for workers and their families.</li> <li><b>Overdraft</b> – When the balance drops below £0.00 in your bank account</li> <li><b>Annual Percentage Rate (APR)</b> – For to a credit card, it is the interest paid for borrowing money</li> <li><b>Insurance</b> - Something that protects against the possible damaging effects of something</li> <li><b>Car Finance</b> – A deposit is paid at time of purchase, then set monthly payments till car paid for</li> </ul>