

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