**PHSE Scheme of Work 2022-2023: YEAR 11**

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| **AUTUMN TERM 1: SEPT - OCT** | **AUTUMN TERM 2: OCT - DEC** | **SPRING TERM 1: JAN - FEB** |
| **Relationships** | **Sex, sexuality and sexual health** | **Alcohol, tobacco and other drugs** |
| **AO: to investigate types of relationships**  This unit really gets the students thinking about the different types of relationships in their life.  **Topics:**   * Relating to others * Skills for successful relationships * Parenting skills and family * Exploitation and abuse in relationships * Help and support for relationships | **AO: to prepare for sexual relationships and knowing my choices**  In this unit students will revisit different types of relationships and sexual health.  **Topics:**   * Consent * Sexual relationships * Sexual health * Pregnancy choices * Pornography | **AO: to understand the dangers of drugs**  In this unit pupils will consider the dangers of both legal and illegal drugs.  **Topics:**   * Drugs * Alcohol * Addiction and dependency |
| **SPRING TERM 2: FEB - MAR** | **SUMMER TERM 1: APR - MAY** | **SUMMER TERM 2: JUN - JUL** |
| **Emotional Wellbeing and mental health** | **Healthy lifestyle** | **Communities** |
| **AO: to develop strategies to have healthy mental health**  This unit really gets the students thinking about their own mental health and encourages pupils to develop coping strategies for dealing with stress.  **Topics:**   * Emotional wellbeing * Dealing with stress * Pressures and influences * Facing challenges * Work-life balance * Bereavement | **AO: To develop an awareness of a healthy lifestyle**  This unit explores what is a healthy lifestyle is and makes pupils consider how to make healthy choices for their future health.  **Topics:**   * Influences on health * Planning healthy meals and being active * Being health aware | **AO: to consider equality and discrimination for those living in Britain**  To understand what is meant by British values. Pupils will explore equality and discrimination.  **Topics:**   * Living in Britain * The Equality Act and hate crimes * Discrimination through invisibility * Challenging discrimination * Democracy and voting |