

Year 11 RSE Curriculum Map

Term One

Core Themes		Health and Wellbeing					
Term	Autumn Half Term 1			Autumn Half Term 2			
Topic	Self Concept	Mental Health and Emotional Wellbeing	Health Related Decisions	Drugs, alcohol and tobacco	Sexual Health and Fertility		
Year 11	H1. To accurately assess their areas of strength and development, and where appropriate, act upon feedback	The nature of the word 'Revision' and how the brain works when learning - sensory memory/short term memory and long term memory	H11. to make informed lifestyle choices regarding sleep, diet and exercise	H19. the consequences of substance use and misuse for the mental and physical health and wellbeing of individuals and their families, and the wider consequences for communities	H29. to overcome barriers, (including embarrassment, myths and misconceptions) about sexual health and the use of sexual health service	H32. about the possibility of miscarriage and support available to people who are not able to conceive or maintain a pregnancy	
	H2. How self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this	Evidence Based approaches to learning/exam prep: Recall/Retrieval, Interleaving, Spaced Practice, Dual Coding and Concrete Examples.	H12. the benefits of having a balanced approach to spending time online	H20. wider risks of illegal substance use for individuals, including for personal safety, career, relationships and future lifestyle	H30. about healthy pregnancy and how lifestyle choices affect a developing foetus	H33. about choices and support available in the event of an unplanned pregnancy, and how to access appropriate help and advice	
	H3. How different media portray idealised and artificial body shapes; how this influences body satisfaction and body image and how to critically appraise what they see and manage feelings about this	H8. to recognise warning signs of common mental and emotional health concerns (including stress, anxiety and depression), what might trigger them and what help or treatment is available	H13. to identify, evaluate and independently access reliable sources of information, advice and support for all aspects of physical and mental health	H21. to identify, manage and seek help for unhealthy behaviours, habits and addictions including smoking cessation	H31. that fertility can vary in all people, changes over time (including menopause) and can be affected by STIs and other lifestyle factors		
	H4. Strategies to develop assertiveness and build resilience to peer and other influences that affect both how they think about themselves and their health and wellbeing	H10. how to recognise when they or others need help with their mental health and wellbeing; to explore and analyse ethical issues when peers need help; strategies and appropriate sources of help/skills to provide basic support and identify and access the most	H18. the ways in which industries and advertising can influence health and harmful behaviours				

Term Two

Core Themes		Relationships					
Term	Spring Half Term 1			Spring Half Term 2			
Topic	Positive Relationships	Relationship Values	Forming and Maintaining Respectful Relationships	Consent	Contraception and Parenthood	Bullying, abuse and Discrimination	Social Influences
Year 11	R5. the legal rights, responsibilities and protections provided by the Equality Act 2010	R9. to recognise, clarify and if necessary challenge their own values and understand how their values influence their decisions, goals and behaviours	R14. the opportunities and potential risks of establishing and conducting relationships online, and strategies to manage the risks	R18. about the concept of consent in maturing relationships	R25. the importance of parenting skills and qualities for family life, the implications of young parenthood and services that offer support for new parents and families	R32. about the challenges associated with getting help in domestic abuse situations of all kinds; the importance of doing so; sources of appropriate advice and support, and how to access them	R37. to recognise situations where they are being adversely influenced, or are at risk, due to being part of a particular group or gang; strategies to access appropriate help
	R6. about diversity in romantic and sexual attraction and developing sexuality, including sources of support and reassurance and how to access them	R10. to understand a variety of faith and cultural practices and beliefs concerning relationships and sexual activity; to respect the role these might play in relationship values	R15. the legal and ethical responsibilities people have in relation to online aspects of relationships	R19. about the impact of attitudes towards sexual assault and to challenge victim blaming, including when abuse occurs online	R26. the reasons why people choose to adopt/foster children	R33. the law relating to 'honour'-based violence and forced marriage; the consequences for individuals and wider society and ways to access support	R38. factors which contribute to young people becoming involved in serious organised crime, including cybercrime
	R7. strategies to access reliable, accurate and appropriate advice and support with relationships, and to assist others to access it when needed		R16. to recognise unwanted attention (such as harassment and stalking including online), ways to respond and how to seek help	R20. to recognise the impact of drugs and alcohol on choices and sexual behaviour	R27. about the current legal position on abortion and the range of beliefs and opinions about it	R34. strategies to challenge all forms of prejudice and discrimination	
	R8. to understand the potential impact of the portrayal of sex in pornography and other media, including on sexual attitudes, expectations and behaviours		R17. ways to access information and support for relationships including those experiencing difficulties	R21. the skills to assess their readiness for sex, including sexual activity online, as an individual and within a couple	R22. to evaluate different motivations and contexts in which sexual images are shared, and possible legal, emotional and social consequences		

Term Three

Core Themes		Living In The Wider World		
Term	Summer Half Term 1			
Topic	Learning Skills	Choices and Pathways	Work and career	
Year 11	L1. to evaluate and further develop their study and employability skills	L5. about the need to challenge stereotypes about particular career pathways, maintain high aspirations for their future and embrace new opportunities	L10. to develop their career identity, including values in relation to work, and how to maximise their chances when applying for education or employment opportunities	
	L2. to evaluate their own personal strengths and areas for development and use this to inform goal setting	L6. about the information, advice and guidance available to them on next steps and careers; how to access appropriate support and opportunities	L11. the benefits and challenges of cultivating career opportunities online	
	L3. how their strengths, interests, skills and qualities are changing and how these relate to future career choices and employability		L12. strategies to manage their online presence and its impact on career opportunities	