

## PSHEE Curriculum Overview Class 11

### Autumn:

- Exam preparation; how to manage stress; having a plan for revision and work/life balance.
- Two careers talks.
- Preparation for the next stage: applying for college; letters of application; personal statement.
- Practical maths: mortgages; household budgets; student loans etc.
- Sex education: contraception; pregnancy; STDs. Questions they have.

### Spring:

- Two career talks.
- Healthy relationships; how to identify an abusive relationship; how to help peers if you have concerns about their relationship with a partner.
- Gender and identity.
- Drugs and addictions.
- Managing stress, self-care and self-esteem; where to turn to in a crisis with mental health issues.