

Term	Theme	Key assessment	How you can support your child
Year 11 PSHE			
1	Mental Health and well being <ul style="list-style-type: none"> <li>managing exam stress</li> </ul>		Reading/watching the news and discussing ideas with your son or daughter enables them to fully comprehend many of the issues. PLEASE ENCOURAGE THEM TO READ – ANYTHING. This will enormously improve the quality of their written English.
2	Careers <ul style="list-style-type: none"> <li>writing a personal statement</li> <li>researching career choices</li> <li>labour market information</li> <li>different pathways</li> <li>making an application</li> </ul>		
3 and 4	Relationships and sex education <ul style="list-style-type: none"> <li>breast and testicle examination</li> <li>sex in the media</li> <li>managing unhealthy behaviour in relationships</li> <li>consent and coercion</li> <li>barrier contraception</li> <li>teenage pregnancy and parenthood</li> </ul>		
5	Healthy sleep Exams and study skills		