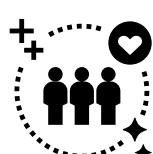




# Brokering Aspirations



## PSHE Curriculum Map



### YEAR 11

#### FINANCIAL EDUCATION

What is student finance? What are student loans? What is the minimum wage and what is the living wage? What employee rights do we have? What is the difference between gross and net earnings? What comes out of my wage? Pensions, national insurance, tax etc. How is my national insurances and tax spent? What is VAT? Why do the government add tax onto products in the financial budget?

#### DRUG AWARENESS

Recap: the laws on drugs and social effects. What harm can prescription drugs cause? What can we do about alcohol and tobacco dependency? How can we seek help? Alcohol in pregnancy. What is GHB, how is it used and what effect does it have? What is the law? What is the impact of drug use on our mental and physical health?

#### MENTAL HEALTH

Maintaining positive mental health. How can i best cope with exam stress? What tips and support are there for reducing anxiety, stress and panic? What every day triggers for mental health concerns are there for adults?

#### ASPIRE TOPICS

- Citizenship - Social Action
- Mental Health & behaviour
- Sexual Health & Fertility

#### HEALTHY LIFESTYLES

How do we maintain a healthy lifestyle? What are the risks of an unhealthy one? Why is physical activity importance for our physical and mental wellbeing? Why are self examinations important? How can we self examine our skin? Male cancers - What is involved in a self examination of the testicles? What is it important to do so? Prostate cancer. Female cancers - What is involved in the self examination of the breasts? Why is it important to do so? What is involved in a smear? What is involved in other screenings? Why is it important to attend these?

#### ONLINE SAFETY

How can we manage our online behaviour to support our mental wellbeing? What obsessive online behaviours could be developed?

#### RELATIONSHIPS & ABUSE BEHAVIOUR

What are the characteristics of positive relationships? What is sexual harassment? How can we challenge this in society? Confronting the realities: What is the data about sexual harassment and abuse? Case Studies - Stalking cases. What can we do as a society to reduce sexual harassment or abuse? What is domestic abuse, the signs and what help can people get? What is forced marriage and why is choice important in marriage? What is honour based violence and what can be done about this? What is transphobia? Tackling the stigmas.



# Academic Excellence