

## **Year 11 PSHCE – Learning Objectives**

### **AUT 1**

- To develop a healthy self-concept supported by accurate self-reflection and constructive feedback from others.
- To develop strategies to manage stress and access relevant support when necessary.
- To develop effective revision strategies to use throughout the year in preparation for exams.
- To understand the range of options available post-16 and how to get the information, advice and guidance they need to make the best choices for them.

### **AUT 2**

- To learn about the application process for post-16 options.
- To enable students to maximise chances when applying for education or employment opportunities and to develop their career identity.
- To develop practical skills for employability.
- To develop understanding of how to manage work/life balance, including in the context of a part-time role, whilst studying.

### **SPR 1**

- To develop an understanding of values, and communication strategies to maintain those values, in the context of maturing relationships.
- To understand how to recognise and respond to unwanted attention both on and off line.
- To reinforce that violence in relationships is never acceptable.
- To recognise that forced marriage is unacceptable and how to access support.

### **SPR 2**

- To recognise consequences and risk in relation to different lifestyle choices.
- To understand how to seek help to give up harmful substances.
- To learn about the importance of lifestyle choices, self-examination and vaccination to support health.

### **SUM 1**

- To understand the importance of 'British values' in establishing community cohesion.
- To explore feelings about diversity, discrimination and conflicting values and to develop strategies for challenging all forms of offensive behaviour.
- To understand the nature of extremism.

### **SUM 2**

- To develop risk management and safety strategies in increasingly independent contexts.
- To develop a range of emergency responses to health concerns.