

Subject:	PSHCE	Year group:	11
Topic:	Mental Health and Wellbeing	Sequence:	Term 1a
Prior learning: (What previous learning will the new learning in this unit build upon?)		Next learning: (What learning comes next and builds upon this unit?)	
Students have learned mental health and wellbeing, including identifying and managing emotions. They have learned about the links between mental health and physical health, relationships and online behaviour.		The next unit is about healthy relationships and how these can impact on wellbeing. This topic will begin towards the end of term 1a.	
Learning objectives: (In chronological order)	Duration: (How long it usually takes to secure each learning objective)	Specific vocabulary: (Subject specific terms relating to each learning objective)	
To learn how to manage emotions when encountering opportunities and challenges throughout life	A one-hour lesson	Mental health, wellbeing, opportunities, challenges, change, managing change, feelings, emotions, contentment, sadness, healthy coping strategies.	
To learn how to manage unhelpful distractions	A one-hour lesson	Helpful distraction, unhelpful distraction, context, managing distractions, focus, exams, revision, wellbeing	
To learn how to change thinking patterns to support wellbeing	A one-hour lesson	Thinking patters, negative thinking, reframing thinking, disappointments, setbacks, wellbeing, fight, flight, freeze response, uncomfortable emotions, frustration, worry.	
To lean about mental health difficulties that commonly affect young people and how to seek support	A one-hour lesson	Mental health, mental health difficulties, anxiety, depression, wellbeing, support, trusted adult, reputable, reliable,	
To learn strategies to manage stress and support mental health and wellbeing	A one-hour lesson	Stress, mental health, wellbeing, tension, feelings, behaviours, support, emotions, healthy coping strategies	
Topic:	Relationships	Sequence:	Term 1a
Prior learning: (What previous learning will the new learning in this unit build upon?)		Next learning: (What learning comes next and builds upon this unit?)	
Students have learned about healthy relationships, consent, sexting, and sexual health, including contraception.		Next half term, students will continue learning relationships and sex education, with topics building on knowledge about healthy relationships, consent and managing change.	

Learning objectives: (In chronological order)	Duration: (How long it usually takes to secure each learning objective)	Specific vocabulary: (Subject specific terms relating to each learning objective)
To recognise the difference between supportive and abusive behaviours in relationships	A one-hour lesson	Supportive, abuse, abusive, behaviour, relationship, romantic relationship, domestic abuse, physical abuse, emotional abuse, sexual abuse, financial abuse, safe, support
To understand what consent means To understand that each person should decide for themselves when they are ready to (and if they want to) have sex	A one-hour lesson	Consent, communication, readiness, consensual, taboo, legal age, age of consent, capacity, freedom of choice, enthusiastic consent, pressure, coercion, respect.