



**PSHE Department**  
**Curriculum and Assessment Map**  
**Year 11**

|                              | Autumn Term                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Spring Term | Summer Term                                                                                                                                                                                                                                                                                                                                                                      |
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| Year 11                      | Sexual Education                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |             | Wider World                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Fundamental Knowledge</b> | <ul style="list-style-type: none"><li>• What is the importance of consent?</li><li>• How can we avoid putting romantic and sexual pressure on other people?</li><li>• What are the dangers of getting pregnant young?</li><li>• What choices are there in regards to continuing or ending a pregnancy?</li><li>• What are the different responsibilities involved in parenting?</li><li>• What does it mean to become a parent?</li><li>• What health issues can affect people with female bodies?</li><li>• What lifestyle factors can impact reproductive health?</li><li>• How can lifestyle impact a foetus while pregnant and what are some misconceptions about miscarriages?</li><li>• Identify what is meant by sexual harassment and sexual violence, and why are these always unacceptable?</li><li>• What is upskirting and downblousing, and why are they illegal?</li><li>• What are the dangers of sexually explicit online material?</li></ul> |             | <ul style="list-style-type: none"><li>• How can media influence our thinking?</li><li>• Why is it important to fact check what you come across online?</li><li>• How can we promote equality and respect online?</li><li>• How can we balance everyday pressures and opportunities?</li><li>• What are the different revision techniques, and which ones best suit me?</li></ul> |

**Relevant RSHE Statutory Requirements**

- ✓ The roles and responsibilities of parents with respect to raising children, including the characteristics of successful parenting and the importance of the early years of a child's life for brain development.
- ✓ The role of consent, including in romantic and sexual relationships. Pupils should understand that ethical behaviour goes beyond consent and involves kindness, care, attention to the needs and vulnerabilities of the other person, as well as an awareness of power dynamics. Pupils should understand that just because someone says yes to doing something, that doesn't automatically make it ethically ok.
- ✓ That the internet contains inappropriate and upsetting content, some of which is illegal, including unacceptable content that encourages misogyny, violence or use of weapons. Pupils should be taught where to go for advice and support about something they have seen online. Pupils should understand that online content can present a distorted picture of the world and normalise or glamorise behaviours which are unhealthy and wrong.
- ✓ How to recognise, respect and communicate consent and boundaries in relationships, including in early romantic relationships (in all contexts, including online) and early sexual relationships that might involve kissing or touching. That kindness and care for others requires more than just consent.
- ✓ That there are a range of strategies for identifying, resisting and understanding pressure in relationships from peers or others, including sexual pressure, and how to avoid putting pressure on others.
- ✓ What constitutes sexual harassment or sexual violence, and that such behaviour is unacceptable, emphasising that it is never the fault of the person experiencing it.
- ✓ That sexual harassment includes unsolicited sexual language / attention / touching, taking and/or sharing intimate or sexual images without consent, public sexual harassment, pressuring other people to do sexual things, and upskirting.
- ✓ The concepts and laws relating to sexual violence, including rape and sexual assault.
- ✓ The concepts and laws relating to harmful sexual behaviour, which includes all types of sexual harassment and sexual violence among young people

- ✓ That physical activity can promote wellbeing and combat stress.

but also includes other forms of concerning behaviour like using age-inappropriate sexual language.

- ✓ That fixated, obsessive, unwanted and repeated behaviours can be criminal, and where to get help if needed.
- ✓ That sex, for people who feel ready and are over the age of consent, can and should be enjoyable and positive.
- ✓ The law about the age of consent, that they have a choice about whether to have sex, that many young people wait until they are older, and that people of all ages can enjoy intimate and romantic relationships without sex.
- ✓ Sexual consent and their capacity to give, withhold or remove consent at any time, even if initially given, as well as the considerations that people might take into account prior to sexual activity, e.g. the law, faith and family values. That kindness and care for others require more than just consent.
- ✓ That some sexual behaviours can be harmful.
- ✓ The facts about the full range of contraceptive choices, efficacy and options available, including male and female condoms, and signposting towards medically accurate online information about sexual and reproductive health to support contraceptive decision-making.
- ✓ That there are choices in relation to pregnancy. Pupils should be given medically and legally accurate and impartial information on all options, including keeping the baby, adoption, abortion and where to get further help.
- ✓ How the different sexually transmitted infections (STIs), including HIV, are transmitted. How risk can be reduced through safer sex (including through condom use). The use and availability of the HIV prevention drugs Pre-Exposure Prophylaxis (PrEP) and Post Exposure Prophylaxis (PEP) and how and where to access them. The importance of, and facts about, regular testing and the role of stigma
- ✓ The prevalence of STIs, the short and long term impact they can have on those who contract them and key facts about treatment.
- ✓ How and where to seek support for concerns around sexual relationships including sexual violence or harms.
- ✓ The importance of healthy behaviours before and during pregnancy, including the importance of pre-conception health, including taking folic

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|                              | <p>acid. The importance of pelvic floor health. Information on miscarriage and pregnancy loss, and how to access care and support.</p> <p>✓ The facts about reproductive health, including fertility and menopause, and the potential impact of lifestyle on fertility for men and women</p>                                           |                                                                                                                                                       |
| <b>Interleaved Knowledge</b> | <ul style="list-style-type: none"> <li>• Year 7 – Safety</li> <li>• Year 7 – Health and Wellbeing</li> <li>• Year 8 – Personal Safety</li> <li>• Year 8 – Sexual Education</li> <li>• Year 9 – Personal Safety</li> <li>• Year 9 – Sexual Education</li> <li>• Year 10 – Relationships</li> <li>• Year 10 – Personal Safety</li> </ul> | <ul style="list-style-type: none"> <li>• Year 7 – Careers</li> <li>• Year 8 – Mental Wellbeing</li> <li>• Year 9 – Careers and Citizenship</li> </ul> |