# Act Fast NL Year 11 KS3 PSHE

# Autumn 0

### **Building For The Future**

Self-efficiency and stress management
Future opportunities

# Health & Wellbeing

Students learn;
How to manage judgement of others and challenge stereotyping
How to balance ambition and unrealistic

expectations

How to develop self-efficiency, including motivation, perseverance and resilience

How to maintain a healthy self-concept

About the nature, causes and effects of stress

Stress management strategies including maintaining healthy sleep habits

About positive and safe ways to create content online and the opportunities this offers

How to balance time online

# Spring 01

# **Communication in Relationships**

Personal Values, assertive communication (including contraception and sexual health)

Relationship challenges and abuse

### Relationships

Students learn;

About core values and emotions
About gender identity, gender expression and sexual
orientation

How to communicate assertively

How to communicate wants and needs

How to handle unwanted attention, including online

How to challenge harassment and stalking, including online

About various forms of relationship abuse

About unhealthy, exploitive and abusive relationships

How to access support in abusive relationships and how to

overcome challenges in seeking support

About relationship abuse

About unhealthy, exploitive and abusive relationships



# Summer 01

#### **Families**

Different families and parental responsibilities, pregnancy and marriage
Forced marriage and changing relationships

# Relationships

Students learn;

About different types of families and changing family structures

How to evaluate readiness for parenthood and positive parenting qualities

About fertility, including how it varies and changes
About pregnancy, birth and miscarriage
About unplanned pregnancy options, including abortion,

adoption and fostering

How to manage change, loss, grief and bereveament About honour based violence and forced marriage, and how to safely access support



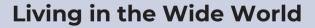
# Summer 02

# Autumn 02

### **Next Steps**

Application processes and skills for further education

Employment and career progression



Students learn;
How to use feedback constructively when planning for the future

Set and achieve SMART targets
Effective revision techniques and strategies
About options post-16 and career pathways
About application processes, including writing CV's,
personal statements and interview techniques
How to maximise employability, including managing
online presence and taking opportunities to broaden
experience

About rights, responsibilities and challenges in relation to working part time whilst studying

How to manage work / life balance



# Independence

Spring 02

Responsible health choices and safety in independent contexts

### **Health & Wellbeing**

Students learn;

How to manage and assess risk and safety in new independent situations (e.g. personal safety in social situations and on the roads)

Emergency first aid skills

How to assess emergency and non-emergency situations, and contact appropriate services

About the links between lifestyles and some cancers

The importance of screening and how to perform self-examination

Vaccinations and immunisations

Registering with and accessing doctors, sexual health clinics, opticians and other health services



### Course Complete!!

Opportunity for learners to revisit areas

