

Act Fast NL Year 11 KS3 PSHE

Autumn 01

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



Autumn 02

Next Steps

Application processes and skills for further education

Employment and career progression

Living in the Wide World

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



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



Spring 02

Independence

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

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 bereavement

About honour based violence and forced marriage, and how to safely access support



Summer 02

Course Complete!!

Opportunity for learners to revisit areas

