PSHE: Year 11 lesson journey

Unit One: Health and Wellbeing

Lesson number	Lesson focus
L1	Identifying and dealing with stressors in adult life
L2	A healthy approach to your exams
L3	Maintaining a healthy lifestyle
L4	Giving blood and organ donation

Drop down one: x2 Careers lessons

Drop down two: Self-examination: breast cancer and testicular cancer & Suicide

Unit Two: Relationships and Sex Education

Lesson number	Lesson focus
L5	Sexual Assault (please note this lesson covers rape)
L6	Victim blaming
L7	LGBTQ+
L8	Positives of intimate relationship

Drop down three: Maintaining positive relationships & The impact of substance misuse on relationships

Drop down four: Alcohol and drink spiking (outside talk) & Challenging prejudice and discrimination

Unit Three: Living in the Wider World

Lesson number	Lesson focus
L9	How is your data used?
L10	Finance
L11	Careers
L12	Careers – looking ahead

The remainder of the drop-down days and PSHE lessons will be dedicated to revision and exam strategies for this year group.