





PSCHE Crucial Knowledge - Year 11

<p>SRE (Sex and Relationship Education) Learning about relationships, the emotional, social and physical aspects of growing up, human sexuality and sexual health in an age-appropriate way, body ownership and keeping ourselves safe.</p>	<p>Citizenship Exploring what it means to be part of communities at different levels; Local, National and Global; the laws, rights and systems in place to help us.</p>	<p>Careers Outlining the choices we have, in terms of jobs in the future; the skills and pathways needed to reach them and our personal development.</p>	<p>Finance Activities associated with our spending choices, managing money, budgeting, banking, wages, debit/credit, markets and investments/saving.</p>
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<p>SRE</p> 	<ul style="list-style-type: none"> • There are many places you can report ANY type of online issues/abuse, such as CEOP, Childline and the Police. • People of the UK are not all Heterosexual-an estimated 1.4 million are LGBTQ+. Bullying because of differences is disrespectful and illegal. • Knowing basic Emergency Aid such as the Recovery Position and CPR saves lives. • Recognising issues like depression, stress and anxiety help greatly in developing a positive Mental Health. • Happiness and Positivity are necessary for our Mental Health. Avoiding negative behaviours, situations and developing effective coping strategies builds Mental Strength.
<p>Citizenship</p> 	
<p>Careers</p> 	<ul style="list-style-type: none"> • A CV (Curriculum Vitae) is a short document that lists; who you are, your skills and background to prospective employers/project leaders. • Post-16 you have options such as College, Sixth Form and Apprenticeships. • Post-18 you can choose to enter fulltime work or further study towards your goal. • Exploring the world of work enables you to reach for a future goal you may of never knew existed and shows the pathway you need to reach it.
<p>Finance</p> 	<ul style="list-style-type: none"> • A key benefit of working is being paid; from your wages, Tax, National Insurance and other deductions pay for services you access. • Understanding how Bank accounts are used to manage finances enable us to track and use our money effectively for the future. • Financially running a home is a skill we develop in life by Budgeting our Income/Outgoings and understanding the implications and roles of Saving, Borrowing and Debt in long-term financial plans.