

		Communication in relationships	Exam preparation/ Stress management	Families	Next steps	Life after school
Learning outcomes/composite knowledge: Pupils will be able to...		Understand personal values, assertive communication relationship challenges and abuse such as sending nudes, harassment and abusive relationships.	Understand Self-efficiency, stress management, and future opportunities. Managing expectations and ambition.	Understand different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships.	Understand application processes, and skills for further education, employment and career progression	Understand stress management for exams. Financial help and career choices
Knowledge Components	I know what	<p>I know what core values and emotions are.</p> <p>I know what gender identity, gender expression and sexual orientation are.</p> <p>I know what harassment is.</p> <p>I know what stalking is.</p> <p>I know what issues and challenges I may face in a digital world, including social media.</p> <p>I know what grief is.</p>	<p>I know what self-efficacy is.</p> <p>I know about the nature, causes and effects of stress.</p> <p>I know what revision is and different techniques I could use.</p> <p>I know about positive and safe ways to create content online and the opportunities this offers</p> <p>I know what motivation, perseverance and resilience are.</p>	<p>I know what different types of families and changing family structures are.</p> <p>I know about fertility, including how it varies and changes</p> <p>I know what bereavement is.</p> <p>I know about pregnancy, birth and miscarriage.</p> <p>I know about unplanned pregnancy options, including abortion about adoption and fostering.</p>	<p>I know effective revision techniques and strategies.</p> <p>I know about options post-16 and career pathways.</p> <p>I know about application processes, including writing CVs, personal statements and interview techniques.</p> <p>I know what the rights, responsibilities and challenges are in relation to working part time whilst studying.</p>	<p>I know what stress management techniques are for exams preparation.</p> <p>I know what financial help is available.</p> <p>I know what career options are available.</p>
	I know how	<p>I know how to communicate assertively</p> <p>I know how to communicate wants and needs</p> <p>I know how to handle unwanted attention, including online.</p> <p>I know how to challenge harassment and stalking, including online.</p>	<p>I know how to manage the judgement of others and challenge stereotyping.</p> <p>I know how to balance ambition and unrealistic expectations.</p> <p>I know how to revise, different techniques to use and the best environments to ensure I work to the best of my</p>	<p>I know how to evaluate readiness for parenthood and positive parenting qualities.</p> <p>I know how to manage change, loss, grief and bereavement.</p>	<p>I know how to maximise employability, including managing online presence and taking opportunities to broaden experience.</p> <p>I know how to manage work/life balance.</p>	<p>I know how to revise for exams.</p> <p>I know how to utilise stress management techniques.</p> <p>I know how to research potential career options.</p>

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		I know how to keep myself safe online and how to deal with any issues that may arise.	<p>ability.</p> <p>I know how to develop self-efficacy, including motivation, perseverance and resilience</p> <p>I know how to maintain a healthy self-concept</p> <p>I know how to balance time online.</p>			
National Curriculum reference	<p>Relationship education in primary schools</p> <p>relationship and sex education in secondary schools</p> <p>health education in state funded primary and secondary schools</p>					
Exemplar Composite Task(s)	<p>Low stakes quizzing on key vocabulary: harassment, stalking, sexual orientation.</p>	<p>Completed case study: pupils respond to scenario with advice around online safety.</p> <p>MCQ on key words: self-efficacy, motivation, perseverance, resilience.</p>	<p>Completed case study: pupils respond to scenario and evaluate readiness for parenthood and positive parenting qualities.</p> <p>MCQ on key words: fertility, bereavement.</p>	<p>Completed CV.</p> <p>Research task options post-16 and career pathways.</p>	<p>Research project focusing on at least 3 careers.</p>	