

Y11 Topics



Y11 Weekly Wellbeing Topics			
Topic	PSHE Strand	British Value Covered	Specific PSHE Area
Mental Health and Wellbeing	Health and Wellbeing	Individual Liberty, Mutual Respect	Mental health, resilience, recognising signs of poor mental health, accessing support
Managing Stress and Exam Pressure	Health and Wellbeing	Individual Liberty	Emotional wellbeing, coping strategies, stress management
Consent and Healthy Relationships	Relationships	Mutual Respect, Rule of Law, Individual Liberty	Boundaries, consent, respect, healthy relationships
Online Safety and Grooming	Relationships	Rule of Law, Individual Liberty	Online relationships, exploitation, safeguarding, digital safety
Drug and Alcohol Safety	Health and Wellbeing	Rule of Law, Individual Liberty	Substance misuse, risk assessment, health choices
Peer Influence and Decision Making	Relationships	Individual Liberty, Mutual Respect	Managing peer pressure, confidence, personal responsibility
Budgeting, Saving and Debt	Living in the Wider World	Individual Liberty	Financial literacy, money management, avoiding debt
Equality, Diversity and Protected Characteristics	Relationships	Mutual Respect, Tolerance of Different Faiths and Beliefs	Inclusion, anti-discrimination, equality awareness
Extremism, Radicalisation and Fake News	Living in the Wider World	Democracy, Rule of Law, Individual Liberty	Critical thinking, safeguarding, evaluating information
Artificial Intelligence (AI): Opportunities, Risks and Ethics	Living in the Wider World	Individual Liberty, Democracy, Mutual Respect	Digital literacy, emerging technologies, online safety, misinformation, ethical use of AI, future society