Year 11 Wellbeing Curriculum End Points and Key Vocabulary

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Ethos Links	**Character** – Developing aspects of Respect, Responsibility and Kindness. **Mental Health and Wellbeing** – Building resilience, self-regulation and positive wellbeing habits. **Milton Keynes** – Accessing local support services and wellbeing resources.	**Character** – Developing aspects of Respect, Responsibility and Kindness. **Personal Safety** – Recognising risk, exploitation and harmful influences. **Milton Keynes** – Understanding local safeguarding concerns and support services.	**Character** – Developing aspects of Respect, Responsibility and Kindness. **Relationships Education** – Promoting healthy, respectful and safe relationships. **Health Education** – Supporting informed decisions about sexual health and wellbeing.	**Character** – Developing aspects of Respect, Responsibility and Kindness. **Relationships Education** – Understanding fertility, pregnancy and future choices. **Health Education** – Accessing reliable information and support services.	**Character** – Developing aspects of Respect, Responsibility and Kindness. **Health Education** – Informed decision-making about health and wellbeing. **Community** – Understanding the importance of donation and first aid in supporting others.	
Learning End Points	**Life-long Wellbeing** Resilience, wellbeing and healthy coping strategies. *How can we maintain positive wellbeing throughout our lives?* By the end of this unit students will know and understand: • The factors that influence emotional, physical and mental	**Drugs, Personal Safety and Violence Against Women & Girls** Risk, exploitation and staying safe. *How can we stay safe and make responsible decisions as we become more independent?* By the end of this unit students will know	**Safe Relationships and Sexual Health** Healthy relationships, consent and sexual wellbeing. *How can we build healthy relationships and make informed decisions about sexual health?* By the end of this unit students will know and understand:	**Fertility and Pregnancy Choices** Fertility, parenthood and informed decision-making. *How can people make informed choices about fertility, pregnancy and parenthood?* By the end of this unit students will know and	**Managing and Maintaining Health** Health decisions, body image and first aid. *How can we make informed decisions that protect our health and support others?* By the end of this unit students will know and	

	wellbeing. • How thoughts, feelings and behaviours interact. • The importance of healthy habits, routines and lifestyle choices. • Strategies for managing distractions, stress and pressure. • How resilience can be developed and applied when facing challenges. • The importance of healthy relationships and support networks. • How change, loss and bereavement can affect wellbeing. • Why sleep is essential for emotional, physical and cognitive wellbeing. • Where and how to access support for mental health and wellbeing concerns.	and understand: • The short and long-term risks associated with alcohol and drug misuse. • Factors that influence decisions about substance use and risk-taking. • Strategies for reducing harm and staying safe in social situations. • How gangs recruit, manipulate and exploit young people. • The risks, consequences and legal implications of gang involvement. • Why leaving gangs can be difficult and where support can be accessed. • What violence against women and girls is and why it remains a significant societal issue. • How stereotypes, attitudes and victim-blaming contribute to unsafe situations. • The importance of personal safety strategies and positive bystander behaviour.	• The characteristics of healthy, respectful relationships. • The warning signs of unhealthy, exploitative and abusive relationships. • How manipulation, coercion, grooming and exploitation can affect relationships. • The importance of communication, consent and personal boundaries. • How conflict can be managed constructively and respectfully. • Different forms of abuse, including coercive control and emotional abuse. • Different methods of contraception and factors affecting contraceptive choices. • How STIs are transmitted, prevented and treated. • How and when to access sexual health services and support. • How to seek help when concerned about exploitation,	understand: • How fertility changes throughout life and factors that affect fertility. • How lifestyle choices can affect fertility and pregnancy. • Different routes to parenthood, including IVF, adoption, fostering and surrogacy. • That choosing not to become a parent is also a valid life choice. • The options available following an unplanned pregnancy. • The emotional impact of miscarriage, fertility difficulties and pregnancy-related decisions. • Key legal considerations relating to abortion. • How personal values, beliefs and circumstances may influence decision-making. • Where to access reliable advice,	understand: • The laws and risks associated with tattoos, piercings, cosmetic procedures and sunbed use. • How social media and advertising can influence body image and appearance-related choices. • How to evaluate the reliability of health information and online sources. • The process and importance of blood, stem cell, organ and tissue donation. • The law relating to organ donation in England and factors influencing donation decisions. • The ethical, social and personal considerations involved in healthcare decisions. • How to assess and respond to an unresponsive casualty using basic life support skills. • How to recognise and treat bleeding and shock safely	

			abuse or sexual health concerns.	healthcare and support.	while awaiting emergency services.	
Key Vocabulary	Wellbeing Resilience Self-Regulation Grief Sleep Hygiene	Substance Misuse Exploitation Gangs VAWG Bystander	Healthy Relationships Consent Coercion Contraception STI	Fertility Parenthood IVF Pregnancy Abortion	Body Modification Donation Organ Donation CPR Shock	