

**Year 11: Route map**  
**Subject: Life Skills**

**Cycle 1: Relationships**

Consent (recap) and online relationships  
Drugs and Alcohol (the impact on sexual behaviour)  
Domestic abuse  
Forced marriage  
Choices in pregnancy  
Fertility and menopause

**Cycle 2: Living in the Wider World**

References/ Personal statements  
Writing a CV  
Preparing for post 16 interviews  
Employment rights and responsibilities  
Taking responsibility for your finances

**Cycle 3: Health and Wellbeing**

Happiness  
Coping with stress  
Managing your time effectively  
Preparing for your exams

**Assessment:**

How are relationships in adulthood different?  
Where can I get support?

**Assessment:**

What qualities/ skills are employers looking for?  
How can you take responsibility for your own finances?

**Assessment:**

How can I look after my wellbeing?  
How can I cope with stress?

**Skills:**

Actively listening  
Debate  
Reasoning  
Self-reflection  
Discussion  
Teamwork  
Communication  
Making decisions

**Skills**

Actively listening  
Independence  
Planning for the future  
Self-reflection  
Communication  
Making decisions  
Teamwork

**Skills**

Actively listening  
Debate  
Reasoning  
Self-reflection  
Discussion  
Teamwork  
Communication  
Making decisions

Sep

Oct

Nov

Dec

Jan

Feb

Mar

Apr

May

Jun

Jul