

# Year 12 PSHE/RE Curriculum Overview



## Subject – Personal development

### Autumn Term

#### Health and wellbeing

#### Session Content

1. Looking after my personal health
2. Cancer screening and self-checks
3. Independently managing stress and mental health
4. Diet and sleep patterns
5. Relationship values
6. Building a positive self-image

#### Powerful Knowledge

1. Health is made up of physical and mental health as well as wellbeing. The World Health Organisation defines health as a state of complete physical, mental and social wellbeing, not just the absence of disease. Looking after personal health includes management of sleep, diet, exercise and access to services such as the GP.
2. Being aware of what is 'normal' for your body and having a routine for checking for (in particular breast and testicular cancer) is an important part of keeping yourself safe and looking after your health. Accessing your GP is an important step in addressing any concerns that arise following personal cancer checks
3. Everybody has mental health. Sometimes certain events in life can trigger a stress response (e.g. mock exams) and self-care is important to ensure that your mental health is not impacted. Sometimes people are diagnosed with specific mental health conditions that may need to be treated with therapy or medication. Talking about mental health is important for awareness and to make people feel more comfortable in seeking support from their support network and wider if they need it.
4. Diet, sleep and exercise sit at the bottom of Maslow's Hierarchy of needs. If an individual is not looking after their basic needs, then they cannot reach self-actualisation. Taking responsibility for being able to independently recognise whether an individual's diet fulfils the eat well plate requirements determines what changes can be made to improve diet. Considering your sleep routine and reflecting in a sleep diary various stages of sleep can help to improve all aspects of health
5. Relationships in all walks of life are important in forming support networks and creating groups of people who can help support positive wellbeing. Pausing and reassessing historic and current relationships is important in this transition phase to post-16 education. Assessing how our values and behaviours are interpreted and where the boundary lines lie in an array of relationships helps to ensure that positive behaviours are maximised, and conflicts are avoided.
6. Self-image is our internal mental picture of ourselves that includes characteristics of personality an appearance. Having a positive self-image is a key aspect of optimising positive wellbeing and resilience. Interactions with social media and other external sources can contribute both positively and negatively to self-image.

#### How can you help at home?

- Use the resources on Showbie as a discussion point prompt for the lessons in the lesson series
- Discuss which GP practice your child is registered to and how they would access their GP if required.

### Spring Term

#### Relationships

1. Relationship Equality
2. Challenging violence in society
3. Sexual health
4. Analysing the impact of pornography
5. Substance abuse – drink spiking
6. Substance abuse in relationships

1. Certain behaviours in intimate relationships are always unacceptable. It is important to be able to recognise and analyse cultural and current influences on relationship values and be able to use the law as a factual basis to inform acceptable and unacceptable behaviours. Equality in relationships means that each person's views and desires are listened to a respected to a reasonable degree rather than one person's needs dominating the relationship.
2. Violence in any kind of relationships is always unacceptable. Consumption of alcohol and drugs can alter inhibitions influence individuals' behaviours in relationships. The law relating to violence in relationships including domestic violence and coercive control will be explored.
3. The triangle of safe sex includes consent, prevention of STIs and prevention of pregnancy. Negotiating contraception and consent with a partner are important elements of a healthy relationship. Support can be accessed for sexual health via the GP or through a local sexual health clinic (locala and MESMAC)
4. Research has shown that watching pornography can negatively impact relationships by creating unrealistic expectations of a partner amongst other issues. Recognising these negative impacts and considering strategies to minimise the impact that pornography can have is important.
5. To spike a drink means to put alcohol or drugs into someone's drink without their knowledge or permission. Drink spiking can occur anywhere drinks are served (such as at nightclubs, parties, pubs, restaurants and private homes). Drink spiking can be linked to crimes such as sexual assault and robbery.
6. Alcohol and drugs can alter a person's personality and self-control. Traits like aggression and feeling aroused can lead to involvement in risky situations.

Use the resources on Showbie as a discussion point prompt for the lessons in the relationships series  
Use the resources on Showbie to support in where to get specialist support with sexual health concerns.

### Summer Term

#### Living in the wider world

1. What is my role in society?
2. Lesson 1 – Why is War and Conflict an ethical issue?
3. Lesson 2 – How does belief influence practice? (Part 1 – Islam & Sikhism)
4. Lesson 3 - How does belief influence practice? (Part 2 – Humanism & Christianity)

1. As a Citizen as well as being aware of British Values, School Values and the values of your local community it is important to consider your strengths and areas for improvement in how you interact with and contribute to society. A society is a group of individuals involved in social interaction or a large social group sharing the same spatial or social territory, typically subject to the same political and legal authority and cultural expectations.
2. War and conflict are ethical issues because they involve profound moral questions about the value of human life, justice and the protection of rights. Suffering in war raises questions about whether violence can ever be justified. The motivation behind war such as political or economic gain raises questions around the morality of using violence to achieve these ends
3. In Islam Jihad allows for war in self-defence and to protect the oppressed, but it must follow strict ethical guidelines. Islam also stresses the importance of reconciliation. Similarly Sikhism recognises the need to defend justice and protect the weak. Both religions allow war under specific circumstances but prioritise peace, justice and restraint.
4. Humanists approach the issue of war by emphasising human rights, reason and the value of human life. Christians believe that war should be avoided if possible, and should only be undertaken if all efforts to resolve an issue by peaceful means have failed. Many Christians see war as the result of a failure to live by God's standards.

- Use the resources on Showbie as a discussion point prompt for the lessons in the lesson series

# Year 13 PSHE/RE Curriculum Overview



## Subject – Personal development

### Autumn Term

#### Health and wellbeing

#### Session Content

1. Self-care for exams
2. Creating and maintaining a work-life balance
3. Substance abuse and stress
4. Managing my online presence
5. Building professional relationships
6. Impact of alcohol and drugs on your career

#### Powerful Knowledge

1. In an exam series maintaining your wellness routine is important as it can help you to keep up your stamina as you are sitting your exams. Diet, sleep and exercise are all important parts of self-care that when kept in balance help improve academic outcomes.
2. A work life balance is how you choose to balance your time between professional/educational and personal commitments. A healthy work-life balance will mean different things to different people, it means being fulfilled and content in both areas of your life, this can be challenging but is very important for your personal wellbeing and mental health.
3. Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. Some people use drugs or alcohol as a negative coping strategy to manage stress – this makes the stress worse.
4. Information including photos and videos and well as online posts and comments all forms part of your online presence. Managing online status, and understanding appropriate behaviour online helps to build and maintain positive relationships.
5. Relationships form an important part of professional relationships. Your digital presence and footprint as well as how you relate to and connect to people is an important part of your personal brand. Professional relationships are generally more formal than personal relationships as a workplace's culture and professional expectations dictate how people behave towards each other.
6. Most workplaces will have an agreed policy on drug/alcohol misuse that is written into their health and safety policy. Alcohol, drugs and substance abuse has serious implications for employees' health, safety and performance in the workplace. In the UK it is illegal to buy, be bought or buy someone under 18 alcohol. In the UK it is illegal to possess, supply and produce controlled drugs, controlled drugs fall into 3 different categories, Class A, B or C.

#### How can you help at home?

- Use the resources on Showbie as a discussion point prompt for the lessons in the lesson series
- Discuss how to register with a GP and on University open days explore wellbeing support on and off campus or discuss how to register with a GP generally.

### Spring Term

#### Relationships

1. Managing conflicting views
2. Managing intimacy and ending romantic relationships (PoEd)
3. Faith and culture in relationships
4. Challenging toxic cultures
5. Keeping safe whilst independent

Remaining sessions ->  
Guided revision time

1. Individuals may have conflicting views on a variety of issues such as current affairs, politics, economics, relationships, religion and many other areas. Listening and learning to people from different cultural backgrounds to your own helps to give an informed and rounded view of a variety of issues. Recognising microaggressions and being an upstander is important. Being tolerant of different views reduces conflict. Not challenging microaggressions can lead to prejudice and discrimination.
2. Ending romantic relationships can be emotionally difficult and challenging. Thin king about strategies that could help with this and improving emotional intelligence by being able to read body language and cues is important.
3. Whatever background you come from, there'll always be some differences between you and your partner. Whether that's over something as small as your favourite cereal or as big as coming from a different religious community. The issue only comes in when you can't find a compromise between your viewpoints. That's why 'how does religion affect relationships?' is a pretty subjective question. To some extent, the answer will depend on how much your beliefs shape your life and how strongly you want your partner's beliefs to align with your own.
4. Culture is a concept that encompasses the social behaviour, institutions, and norms found in human societies, as well as the knowledge, beliefs, arts, laws, customs, capabilities, and habits of the individuals in these groups. Culture is often originated from or attributed to a specific region or location. A toxic culture is a culture in which conflict is common and the work environment is negative because of unethical behaviours, a lack of inclusion, and disrespect.
5. When you move away from home for the first time, it is important to recognise that your support network may be further away than you are used to. Coping strategies include self-care, maintaining relationships, making new friends, accessing support services amongst others. Recognising that burglary and theft can be crimes committed disproportionately against students is important to safeguard yourself and belongings. Taking responsibility for yourself, especially on nights out with new groups of people in unfamiliar settings that are new to you.

- Use the resources on Showbie as a discussion point prompt for the lessons in the lesson series
- Discuss how to register with a GP and on University open days explore wellbeing support on and off campus or discuss how to register with a GP generally.