

Year 12 PSHE Curriculum Overview

Health and wellbeing: Making a GP appointment, cancer checks, stress mmt, sleep and diet to move to assembly/PBT programme



Subject – Personal development

Autumn Term

Relationships

Session Content

1. What is the culture of IGS
2. Forming friendships in new situations
3. Social currency and attitudes
4. Relationship values
5. Building a positive self-image
6. PSHE survey

Powerful Knowledge

1. 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, attitudes, and habits of the individuals in these groups. Culture often originates from or is attributed to a specific region or location.
2. Friendships are important during teenage years. According to [Pew Research](#), about half teenagers (51%) believe they fit in with their friends "very readily," but a nearly comparable percentage (48%) believe they stick out. During this phase of life, teenagers face a lot of physical and emotional changes, and it is essential for them to have a strong support system. Friendships provide an opportunity to feel accepted and connected to others, to learn valuable life skills, and to develop healthy social habits. This can result in making sound decisions and having greater confidence in personal relationships. Social attitudes significantly influence behaviour, shaping how individuals perceive and interact with the world. They are formed through social learning, direct experiences, and the influence of mass media and social norms. These attitudes can be explicit or implicit, affecting beliefs, feelings, and actions.
3. 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.
4. 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 what your child is seeing on social media and in the media they read and watch. How may it be influencing their attitude about themselves and others?

Spring Term

Living in the wider world

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

1. What is my role in society?
2. Challenging discrimination
3. De-escalation strategies
4. Critical thinking skills in the online world

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. Discrimination is unjust or prejudicial treatment of individuals or groups based on inherent characteristics. The Equality Act lays out which characteristics are protected characteristics. Being an upstander rather than a bystander helps to promote a community where discrimination is always challenged. Inclusion is treating everyone fairly and equally. Ostracization is intentionally excluding individuals from activities or social settings either online or offline.
3. De-escalation is using strategies to reduce the intensity of a conflict situation or to resolve a conflict. This is an important part of engaging positively in a community. Tips include giving space, validating feelings and experiences, listening and repeating to ensure understanding. In conflict scenarios using words and body language that is assertive rather than aggressive is an important skill to lean in both personal and work contexts.
4. Being a critical digester of the media and online information is important so that you have an informed and balanced view of social, economic and political affairs. An echo chamber is a space online where a person encounters only beliefs or opinions that coincide with their own, so that their existing views are reinforced and alternative ideas are not considered. Misinformation is false information deliberately leaked to deceive people.

- Use the resources on Showbie as a discussion point prompt for the lessons in the lesson series
- Internet matters is a good source of information for parents on online safety matters:
https://www.internetmatters.org/?gad=1&qclid=EALaQobChMlgrWFrSHgQMvHejVCh0pSwhIEAAYASAAEgKZ_D_BwE

Year 13 CEP (PSHE) Curriculum Overview



Subject – Personal development

Autumn Term

Health and wellbeing

Relationships

Spring Term

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

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

Remaining sessions ->
Guided revision time

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.

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.
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.

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.

- 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.