



Personal Development

	PSHE Lesson	Tutor Time
Year 10 HT1	<p>During this first unit we try to teach students to recognise the impact screen addiction is having on society and the individual . We introduce the concepts of hyper-edited and hyper filtered media and why social media is so popular with young people. We discuss the negative impact social media has on body image and self esteem, linking it between social media and negative self-esteem.</p>	<p>In tutor time we start to look at the roles of the BBFC and the PEGI.</p> <p>We explain the risks associated with online gambling plus a wide range of methods used by gaming companies to entice its players to spend money.</p> <p>We teach students how to protect their data on line including how to recognise an online scam email and how to protect themselves from becoming a victim of online fraud.</p>
Year 10 HT2	<p>This is our first unit which looks at relationships, we start with dangers associated with FGM. and howto support someone at risk of FGM. We then teach students to recognise what behaviours are unacceptable in a healthy relationship and how the important good qualities are in a future partner that will keep them safe.</p> <p>We discuss what domestic abuse and domestic violence is and a range of things that can cause conflicts in a relationship including the barriers and coping strategies for leaving an abusive relationship.</p>	<p>This unit is all about banking, including mortgages, wage slips and how to manage a budget. Students learn valuable key life skills.</p>
Year 10 HT3	<p>We revisit drugs and alcohol education in lessons this half term. We look in more detail at substance addiction is and how a substance addiction impacts wider society</p> <p>We define a new psychoactive substance and give an example, looking at the term “Legal High”</p> <p>We examine the dangers associated with NPS drugs and how to handle potential peer pressure to experiment with drugs</p> <p>We discuss the risks associated with house parties including how drinking alcohol impacts sensible decision making.</p>	<p>In this unit we look at LGBTQ+ and values.</p> <p>We revisit how to define the term homophobia and how British Values are used to combat homophobia in the UK</p> <p>We explore the different views around faith and LGBTQ and where to seek support for themself or a friend who is dealing with homophobic abuse</p> <p>We finish half term with looking at what is white privilege and to understand the term institutionalised racism.</p>
Year 10 HT4	<p>This half term we explore mental and emotional well-being, we explain the differences between mental health and mental illness. We look at the definition of self harm and how to explain some of the triggers for self-harm.</p> <p>We discuss what emotional wellbeing looks like and how to improve their emotional wellbeing, including how to reflect on different areas of their life.</p> <p>We teach students a range of ways to deal with stress, anger and trauma.</p>	

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Year 10 HT5	<p>This half term we revisit sending inappropriate messages, including range of possible consequences linked to sending and receiving sexts .</p> <p>We equip students with a good range of responses to a request for a sext message, plus where and how to get further help and support on issues related to sexting and explicit images ending up online</p> <p>We look at which types of Pornography are illegal</p> <p>The differences between real life sex and Porn life sex and the impact porn is having on society and relationships.</p>	
Year 10 HT6	<p>The final half term we look at how to be a good team player and how to make difficult decisions.</p> <p>We examine the qualities needed to be a leader I work well in a team including what makes a good community.</p> <p>The students discuss why you should not to stereotype and prejudge people , plus how to define prejudice and discrimination.</p>	
Year 11 HT1	<p>We start the year off looking at positive relationship qualities, during the half term we also look at what domestic abuse and domestic violence is and the range of things that can cause conflicts in a relationship.</p> <p>We move on to the start of our RSE unit by defining sexual health and the negative consequences of neglecting their sexual health.</p>	<p>This half term we aim to raise awareness that social media is not reflective of real life, looking at the positive and negative impact following social media influencers has on people.</p> <p>We look at how to build self esteem and why self esteem is so important. Moving on to the common misconceptions about mental health and the effects these misconceptions have about mental illness.</p>
Year 11 HT2	<p>We continue with our RSE by looking at the difference between Barrier and LARC methods of contraception and the importance of contraception and can evaluate the effectiveness of different methods</p> <p>We investigate what happens at a sexual health clinic and explain some differences between bacterial STI's and viral STI's.</p> <p>We move on to pregnancy and the signs that someone may be pregnant , looking at the range of options available to someone who is pregnant. The students will identify a range of methods that will and will not get them pregnant</p> <p>We end the RSE unit on what the legal position is on abortion in the UK and a range of views that are pro-life and pro-choice</p>	<p>We end this term by looking at the science between the fight, fright or freeze response to stress. We recognise the importance of time management and how technology can help us revise</p>



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Year 11 HT3	<p>The final part of the RSE unit looks at what impacts fertility for men and women including lifestyle changes that improve fertility We investigate the many ways people can become parents. .</p> <p>To finish we look at forced marriage and Breast ironing including the role of the Forced Marriage Unit.</p>	
Year 11 HT4	<p>This unit is all about looking after our physical health. We look at testicular and breast cancer, what are the signs, treatment and preventions.</p> <p>We look at cosmetic and aesthetic procedures, including tattoos and piercings.</p>	
Year 11 HT5	<p>The final half term we look at how to be a good team player and how to make difficult decisions. We examine the qualities needed to be a leader I work well in a team including what makes a good community</p> <p>The students discuss why you should not stereotype and prejudge people, plus how to define prejudice and discrimination.</p>	