

# Year 12 PSHE Programme

## 2023-2024

Curriculum lessons

| Year 12                         |
|---------------------------------|
| Relationships and sex education |
| Health and wellbeing            |
| Living in the wider world       |

### BIG PICTURE

In Year 12 and 13 the PSHE Curriculum is predominantly delivered by tutors, within tutor time. Within each year group, all three elements of the PSHE curriculum will be studied: health and wellbeing, RSE and living in the wider world. This is supplemented by extended assemblies and drop down lessons to attend workshops ran by external agencies. The curriculum aims to focus on current issues students face and helping them to make informed independent decisions. As well as providing signposting and providing guidance to help and inform students. Some elements of living in the wider world will be covered under the careers programme which is set out separately.

| YEAR- 12 Health and wellbeing, Mental Health |             |   |  |
|--|-------------|---|--|
|  | Session No. | Lesson Title  | Outline Content  |
| Block 1                                      | 1:          | EXT - LGBT (Equality in the UK)                           | To learn about the recent history of the LGBT movement in the UK To explain why its important Britain celebrates equality and diversity To explore and challenge LGBT+ prejudices and stereotypes that are out there                                     |
|  | 2           | EXT Toxic Masculinity (Peer Pressure + Influence Instead) | To learn about the toxic masculinity, what it is, where it originates from and how to challenge it   |
|  | 3           | Dealing with my anger                                     | To describe healthy and unhealthy expressions of anger To explore what happens both physically and emotionally when someone gets angry To identify a range of techniques to manage conflict and anger  |
|  | 4           | EXT - What is Cancer                                      | I know the risk factors and common symptoms for skin cancer I understand how to talk to someone with cancer I understand some of the diagnostic and treatment tools used for cancer  |
|  | 5           | EXT - Stem Cell Research + Medical Ethics                 | To be aware of stem cell research and other forms of donation, including stem cell donation To understand the positives and negatives of stem cell research and gene technology To evaluate the medical ethics of gene technology and stem cell research |
|  | 6           | Why not to Carry a knife                                  | To explain why it is wrong to ever carry a knife To understand the legal, emotional and physical consequences of carrying a knife To understand how knife crime impacts families and communities   |

**YEAR 12 – Health and wellbeing, Mental Health**

|            | <b>Lesson Nº.</b> | <b>Lesson Title</b>             | <b>Outline Content</b>  |
|------------|-------------------|---------------------------------|---|
| Block<br>2 | 1                 | Drugs and their Classifications | To consider the differences classification of drugs To explore the legal classifications of 36 drugs To understand key aspects of the UK's drug policy  |
|            | 2                 | Drugs and Their Effects         | To consider the differences classification of drugs To explore why people take illegal drugs To evaluate what support networks are available to help support those in need  |
|            | 3                 | Drugs Through Videos            | To understand the impact drugs can have on the individual, their family and friends To explore real life stories of those mixed up with drugs To evaluate what support networks are available to help those at risk of abusing drugs  |
|            | 4                 | LSD Drugs Education             | To learn more about LSD and the impact this drug has on society To explore the physical and mental impact on LSD users To evaluate what support networks are available to help support those who use drugs as a coping mechanism or addicted to drugs   |
|            | 5                 | MDMA Ecstasy - Drugs Ed         | To learn more about MDMA / Ecstasy and the impact this drug has on society To explore the physical and mental impact on Magic Mushroom users To evaluate what support networks are available to help support those who use drugs as a coping mechanism or addicted to drugs   |
|            | 6                 | SPICE - Synthetic Cannabinoids  | To learn more about Spice (Synthetic Cannabinoid) and the impact this drug has on society To explore the physical and mental impact on Spice (Synthetic Cannabinoid) users To evaluate what support networks are available to help support those who use drugs as a coping mechanism or addicted to drugs   |
|            | 7                 | Drugs - Alcohol and Society     | To understand how alcohol impacts the body To explore the consequences of alcohol misuse To evaluate the negative impact alcohol use is having on wider society I can explain how alcohol is measured and what limits are for adults To explore the consequences of alcohol consumption To evaluate when introducing alcohol to a situation can lead to very dangerous consequences |
|            | 8                 | Substance Misuse                | To define the term substance misuse and understand the way drugs effect users To explore why people misuse substances To evaluate what support networks are available to help support those in need   |

| YEAR 12 – Health and Well-Being |            |                                     |  |
|---------------------------------|------------|-------------------------------------|--|
|                                 | Lesson N°. | Lesson Title                        | Outline Content  |
| Block 3                         | 1          | EXT - Immunization and Vaccination  | How immunity to disease and infection can be acquired Describe the difference between communicable and non-communicable diseases. To evaluate the impact on society when there is a pandemic virus with no vaccination available                           |
|                                 | 2          | EXT - Tooth Decay and Dental Health | To describe the importance of dental Hygiene and the impact sugar can have on tooth decay To understand how to manage cholesterol levels in the body To explain how a poor diet can lead to many health risks  |
|                                 | 3          | EXT - Eating Habits                 | To explore what makes a healthy breakfast and healthy pack lunch To understand the rainbow of healthy food to have in every meal To evaluate the impacts of obesity on individuals   |
|                                 | 4          | EXT - Eating Disorders              | To understand the complexity of eating disorders and their possible causes To understand that there are identifiable symptoms of the most prevalent eating disorders To understand what help is available for prevention and treatment of eating disorders |
|                                 | 5          | EXT Stress how to manage it L2      | To understand the short and long term impacts stress can have on our bodies and our life . To understand the science behind fight, flight or freeze response to stress   |
|                                 | 6          | Healthy Eating and cholesterol      | To identify the components of a healthy diet To understand the difference between good cholesterol and bad cholesterol To understand how to replace unhealthy snacks and foods with healthier alternatives   |

| YEAR 12 – Living in the World |            |  |  |
|-------------------------------|------------|--|--|
|                               | Lesson N°. | Lesson Title                                   | Outline Content  |
| Block 4                       | 1          | Trade Union Lesson                             | To understand the history of trade unions in the UK What do we mean by the terms risk and reward To evaluate if industrial action achieves its aims more often than not  |
|                               | 2          | UK Tax System Explained                        | To understand the range of taxes that exist in the UK and the purpose of paying taxes To be able to work out the income tax paid on a range of different salaries To evaluate whether the UK's progressive tax system is fair        |
|                               | 3          | Mobile Banking, Building Societies and Money   | Will understand the different types of bank account Understand the range of mobile banking only services Be able to evaluate which account would be most suitable for different situations   |
|                               | 4          | P45 + P60 Types of Employment                  | To describe the different types of employment available To understand the different things that motivate people to work To understand the purpose of a P45, P60 and other paperwork related to employment                            |
|                               | 5          | Different Types of Debt                        | I understand the impact getting into debt can have on myself and my family I can identify priority and no-priority debts I know how to access reliable advice on debt counselling  |
|                               | 6          | Multiple Income Sources + State Benefit System | To understand the importance of multiple sources of income To understand how the government raises and spends money To know what universal credit is and other state benefits available in the UK                                    |
|                               | 7          | Understanding Insurance                        | To understand the difference between insurance and assurance To explore a variety of types of insurance and understand the process of taking out insurance To evaluate the differences sources of financial advice that is available |

| YEAR 12 – Mental Health and Well- Being |            |                                       |   |
|---|------------|---------------------------------------|---|
|   | Lesson N°. | Lesson Title                          | Outline Content   |
| Block 5                                 | 1          | EXT - Dealing with Depression         | To define the term depression and anxiety To explore how depression might make someone feel and act To explore what support networks and treatments are available for depression  |
|   | 2          | EXT- Stress, Athletes and Performance | To explore how athletes and businessmen and women channel stress into optimum performances To learn how to use stress about exams to improve your exam performance To understand the health impacts acute and chronic stress can have on people |
|   | 3          | EXT - Dealing with anxiety            | To define the term anxiety and explain the different types To explore how anxiety might make someone feel and act To explore what support networks and treatments are available for anxiety   |
|   | 4          | EXT - Paranoia, Fear and Anxiety      | To understand the differences between a fear and a phobia To explore how anxiety might make someone feel and act To explore how to manage fears and anxiety   |
|   | 5          | EXT - Sleep Hygiene + Mental Health   | To define sleep and explain what sleep hygiene is. To understand ways to boost sleep hygiene and mental health  |
|   | 6          | EXT - Promoting Emotional Wellbeing   | Understand what wellbeing might look like in someone's life Understand the meaning of mental health and emotional wellbeing Learn strategies to improve my own and others emotional wellbeing   |
|   | 7          | EXT - Resilience and Growing Up       | To recognise the qualities needed for resilience Understand the impact bullying, anger, body image and self esteem can have on teenagers Be able to turn everyday problems into possible opportunities  |

| YEAR 12 – Relationships and Sex Education |            |                                  |   |
|---|------------|----------------------------------|---|
|   | Lesson N°. | Lesson Title                     | Outline Content   |
| Block 6                                   | 1          | Fertility - what impacts it      | To define and describe the human fertilisation process at a cellular level To explore what makes women and men fertile and understand ways to improve fertility To understand the various ways women can become pregnant including IVF Treatment          |
|   | 2          | Alcohol, Parties and Bad Choices | To describe the risks associated with house parties and alcohol To explore alcohol abuse and drink spiking and the risks associated with both To evaluate what and who impacts our decisions about our own health and the choices we make                 |
|   | 3          | Importance of Sexual Health      | To increase awareness of the importance of a young person's sexual health To explore common myths about pregnancy and fertility Explore where to access further support, guidance and advice about sexual health  |
|   | 4          | Revisiting Contraception         | To understand how a variety of different forms of contraception work To be able to identify which types of contraception would be best used by different types of people To explore which forms of contraception protect against pregnancy, STI's or both |
|   | 5          | Porn and its impact on Society   | Understand the differences and similarities between sex in real relationships and that which is featured in pornography Explore how common access to pornographic material can affect attitudes and beliefs towards sex, relationships and self           |
|   | 6          | Respect Love and Relationships   | To understand the importance of respecting others and especially those we are in a relationship with To be able to describe what love is and what love is not To evaluate what support is available for someone in an abusive relationship                |
|   | 7          | Revisiting STI's                 | To understand the way STI's spread and the groups at higher risk To increase awareness of the process of a young person's sexual health consultation at a clinic. To understand the differences between viral STI's and bacterial STI's                   |

# Year 13 PSHE Programme

## 2023-2024

Curriculum lessons

| Year 13                         |
|---------------------------------|
| Relationships and sex education |
| Health and wellbeing            |
| Living in the wider world       |



| YEAR 12 – Health and Well-Being |            |   |   |
|---------------------------------|------------|---|---|
|                                 | Lesson N°. | Lesson Title  | Outline Content   |
| Block 1                         | 1          | Drugs - Cannabis Products                             | To understand the different forms and street names given to cannabis To explore why some people take cannabis To evaluate whether cannabis should be legalised in the UK  |
|                                 | 2          | Drugs - New Psychoactive Substances (Old Legal Highs) | To define the term New Psychoactive Substances and give examples To explore why NPS drugs are so dangerous to society To understand how to protect yourself from peer pressure to experiment with NPS drugs   |
|                                 | 3          | Drugs - Festivals and Nitrous Oxide                   | To understand the risks associated with parties and festivals and experimenting with drugs To understand how to stay safe at a festival or a party To evaluate whether drug testing tents at festivals will reduce drug related deaths at festivals                             |
|                                 | 4          | Drugs and their Classifications                       | To consider the differences classification of drugs To explore the legal classifications of 36 drugs To understand key aspects of the UK's drug policy  |
|                                 | 5          | Drugs and the War on Drugs                            | To describe how drugs are manufactured and trafficked globally To explore how different countries are dealing with the drugs trade To evaluate how governments can tackle the illicit drugs trade   |
|                                 | 6          | Crack Cocaine - Drugs Ed                              | To learn more about Crack Cocaine and the impact this drug has on society To explore the physical and mental impact on Crack Cocaine users To evaluate what support networks are available to help support those who use drugs as a coping mechanism or addicted to drugs       |
|                                 | 7          | HEROIN - Drugs Ed                                     | To learn more about Heroin and the impact this drug has on society To explore the physical and mental impact on Magic Mushroom users To evaluate what support networks are available to help support those who use drugs as a coping mechanism or addicted to drugs             |
|                                 | 8          | GHB - Drugs Ed  | To learn more about GHB and the impact this drug has on society To explore why GHB is the drug of choice for those committing sexual assaults To evaluate whether the UK government needs to do more to protect people from being victims of sexual assault and rape due to GHB |

| YEAR 12 – Health and Well-Being |            |   |   |
|---------------------------------|------------|---|---|
|                                 | Lesson N°. | Lesson Title                                  | Outline Content   |
| Block 1                         | 1          | Inflation, Money and Careers                  | Understand how the value of money can change over time To understand what causes inflation To evaluate how governments can try to control inflation   |
|                                 | 2          | Value for Money & Making More                 | I understand the importance of getting value for money What do we mean by the terms risk and reward How to evaluate whether the risk involved is worth the reward.  |
|                                 | 3          | Going Abroad & Understanding Foreign Currency | I can identify major world currencies I can evaluate the different methods that can be used to pay for things abroad I know how to get the best value travel cards  |
|                                 | 4          | Managing a Household Budget                   | To explore how to calculate from an annual salary Gross Pay and Net Pay. To understand how an average house hold budget might look like To explore how the life choices we make can impact our financial situation  |
|                                 | 5          | Payment Methods Used in the UK                | Understand how different payment cards work Be able to identify advantages and disadvantages of each method Be able to evaluate the most useful method od payment in different circumstances  |
|                                 | 6          | Borrowing Money and the Risks (Debt)          | To understand that planned and unplanned borrowing are different types of debt and that I have responsibility to check credit/debt arrangements I may enter into. To understand the benefits and risks of borrowing money. Will be able to work out the cost of different personal loans based on fixed rates on interest |
|                                 | 7          | Foreign Exchange Rates                        | I Understand how foreign exchange markets make money I understand the importance of shopping around for the best exchange rates I can work out foreign exchange calculations  |