

## YEAR 11- Unit 1: Health and Wellbeing



### Building for the future

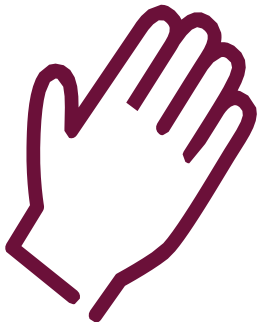
- how to manage the judgement of others and challenge stereotyping
- how to balance ambition and unrealistic expectations
- self-efficacy, including motivation, perseverance and resilience
- how to maintain a healthy self-concept
- about the nature, causes and effects of stress
- stress management strategies, including sleep habits
- about positive and safe ways to create content
- how to balance time online

### Independence

- how to assess and manage risk and safety
- about the links between lifestyle and some cancers
- about the importance of screening and how to perform self examination
- about vaccinations and immunisations
- about registering with and accessing doctors, sexual health clinics, opticians and other health services
- how to manage influences and risks relating to cosmetic and aesthetic body alterations



Trusting, time management, self-organisation



- I can explain the short-term impacts of stress and can demonstrate strategies to deal with stress
- I can demonstrate a balanced diet and can explain the impact of an unhealthy one
- I can support someone with a eating disorder and know who to refer them to
- I can recognise the emotional, Behavioural and cognitive characteristics of depression
- I can explain treatments available for anxiety including self-help
- I can define what sleep hygiene is



## YEAR 11- Unit 2: Relationships

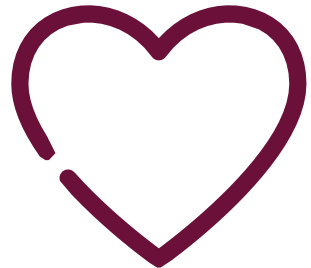


### Communication in relationships

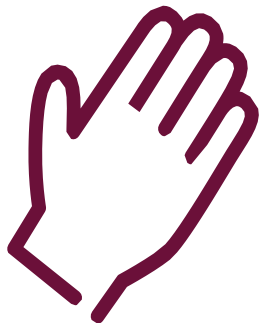
- about core values and emotions
- about gender identity, gender expression and sexual orientation
- how to handle unwanted attention, including online
- how to challenge harassment and stalking, including online
- about various forms of relationship abuse
- about unhealthy, exploitative and abusive relationships
- how to access support in abusive relationships and how to overcome challenges in seeking support

### Families

- about different types of families and changing family structures
- how to evaluate readiness for parenthood and positive parenting qualities
- about fertility, including how it varies and changes
- about pregnancy, birth and miscarriage
- about unplanned pregnancy options, including abortion
- about adoption and fostering
- how to manage change, loss, grief and bereavement
- about 'honour based' violence and forced marriage and how to safely access support



Resilience, leadership, caring, kindness, empathy



- I can explain what online blackmail is and I can describe the impact this may have
- I can identify some controlling and manipulative behaviours online
- I can recognise and demonstrate what behaviours are unacceptable in a healthy relationship
- I can explain the law in regard to sexual assault and rape
- Identify strategies to build a healthy lasting relationship
- Explain how to access support in relation to unhealthy relationships
- identify the roles and responsibilities of parents with respect to raising children
- evaluate the characteristics of successful parenting



# HEAD

# HEART AT MALBANK

# HAND

## YEAR 12- Unit: Living in the wider world

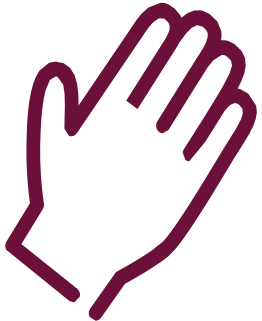


- history of trade unions in the UK
- risk and reward
- industrial action
- range of taxes that exist in the UK and the purpose of paying taxes
- types of bank accounts
- types of employment available purpose of a P45, P60
- impact getting into debt can have on myself and my family
- universal credit is and other state benefits
- types of insurance and understand the process of taking out insurance
- differences sources of financial advice that is available

- skills, qualities and interests
- decisions about post 16 education
- what support I need and be able to set Targets and goals to achieve
- personal branding
- why and how to build a personal brand
- understand my core key values that drive me and define me
- understand what a personal statement is
- when a personal statement may be needed
- Know how to write a personal statement that reflects your abilities and ambitions



Organisation, resilience, initiative, communication, self-esteem



- I can explain where Trade Unions originate from I am able to evaluate a businesses inclusion, diversity and equality policy
- I can explain the range of taxes that exist in the UK, and can calculate income tax
- I can evaluate different banking options
- I understand the different types of employment that exists
- I can outline the difference between a P45 and a P60
- I can explain what will motivate me to work and in my future career choices
- I can describe how to overcome debt

