

Levenshulme High School – Curriculum Map – Personal Development

		Focus Day 1 - Relationships					Focus Day 2 – Self-Care				Focus Day 3 – Planning For The Future
	Title of Session	Abuse	Respectful Relationships	The Law and me	Body Confidence	Forced/Arranged Marriage	Smoking	Drugs	Alcohol	FGM	Stepping Into The Future
Year 10	<i>What are they learning in the session?</i>	<p>explain what is meant by 'relationship abuse'</p> <p>identify the different types of abuse that can affect all relationships</p> <p>describe ways to get help with relationship abuse</p>	<p>What consent means</p> <p>What consent looks like</p> <p>How to give consent and know when someone is giving consent</p>	<p>The laws that protect us from various kinds of abuse</p> <p>How laws are made and changed</p>	<p>How the media can present false or unrealistic body images and lifestyles</p> <p>How to recognise such presentations</p> <p>How to feel body confident</p>	<p>Recognise the differences between forced and arranged marriages</p> <p>Appreciate your legal protections around forced marriage</p> <p>Acknowledge where support is available</p>	<p>Understand the harm smoking does to your health</p> <p>Know who to ask for advice and where to look for guidance on resisting pressure to smoke</p> <p>Use different strategies to resist pressure to smoke</p>	<p>Understand the harm drug taking has on your physical and mental health</p> <p>Recognise the differences between different drugs and their classifications</p>	<p>Understand the harm drinking alcohol does to your health</p> <p>Know who to ask for advice and where to look for guidance on resisting pressure to smoke</p> <p>Use different strategies to resist pressure to drink alcohol</p>	<p>Understand the physical and emotional damage which can be caused by female genital mutilation (FGM), virginity testing and hymenoplasty</p> <p>Where to find support</p> <p>Understand the law around these areas.</p>	<p>Students will be participating in different workshops/sessions that will empower them to make a more effective and planned transition from school to further education, training and employment.</p> <p>Understand the different study pathways available to them after they finish school</p>
	<i>Why are they learning this?</i>	<p>To help you make good decisions in your relationships</p> <p>To help you maintain healthy relationships throughout your life</p>	<p>To help you feel safe and comfortable in any kind of relationship</p> <p>To empower you to only give consent to things that you are comfortable with</p>	<p>To help you feel protected and know that you have a legal right to this</p> <p>To help you realise that laws protect you, and that they can be changed to help more people</p>	<p>To help keep you safe whilst interacting with the media and when online</p> <p>To help you make good decisions about your own body and self-image</p> <p>To help you maintain healthy levels of self-esteem and physical health throughout your life</p>	<p>To help you make good decisions in your relationships</p> <p>To help you maintain healthy relationships throughout your life</p>	<p>To help you manage your well-being and peer pressure</p> <p>To help you make good decisions to support a healthy lifestyle</p>	<p>To help you manage your mental and physical health</p> <p>To help you make good decisions to support a healthy lifestyle, including understanding the risks involved with drugs</p>	<p>To help you manage your well-being and peer pressure</p> <p>To help you make good decisions to support a healthy lifestyle</p>	<p>To help you know laws that protect you</p>	<p>Through preparation for the day, participation in workshops and other work-related activities, the students will enhance their self confidence, employability skills, ability to make informed decisions, knowledge of post 16 routes, awareness of support available at key stages</p>
	<i>Why are we learning this now? i.e. how this fits into our 5 year PSHE journey</i>	<p>Your social interactions may start to include new kinds of relationships beyond friendships – it is important that you and your peers are able to develop these in a safe and respectful way</p>	<p>You will be turning 16 very soon, so it is important to understand the laws that protect you and others in, especially as you are soon to be leaving high school and encountering new people and environments.</p>	<p>Your social circles inside and outside of school may be developing at this age and will develop further as a school leaver. It is important that you maintain good mental and physical health despite any external pressures.</p>	<p>You are close to the age at which it is legal to marry. Should you choose to be married, it should be a decision which you are happy and comfortable with in a relationship in which you are safe.</p>	<p>As your social interactions develop, and as you approach the legal age for some previously prohibited products, you are more likely to encounter people that smoke, drink or possibly take drugs. Therefore, it is important to recognise the risks and responsibility attached to these situations.</p>	<p>It is important you know laws that protect you, with these laws being specific to protecting females.</p>	<p>You are very soon to be applying to colleges and committing to a pathway for life, so it is important that your decisions are as informed as possible.</p>			