

Levenshulme High School – Curriculum Map – Personal Development

		Focus Day 1 - Relationships					Focus Day 2 – Self-Care				
	Title of Session	Personal Health	Consent in Relationships	Viewing Harmful Materials	Contraception	Sexually Transmitted Infections	Pregnancy Choices	Pregnancy Health	Budgeting	Interviews	Work/Life Balance
Year 11	<i>What are we learning in the session?</i>	<p>Explain what breast cancer is and give reasons for why it may occur</p> <p>Identify signs and symptoms of breast cancer</p> <p>Explain how healthy choices may lower the risk of getting breast cancer and other cancers</p>	<p>How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.</p> <p>Understand that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.</p> <p>that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.</p> <p>Recognise you have a choice to delay sex or to enjoy intimacy without sex.</p>		<p>Recognise the different purposes for contraception</p> <p>Identify the different types of contraception</p>	<p>Define HIV and AIDS.</p> <p>List the four main fluids that HIV is present in.</p> <p>Sort routes of transmission into two categories.</p> <p>List ways to challenge stigma and discrimination.</p>	<p>Recognise that there are choices in relation to pregnancy.</p> <p>Understand the medical and legal options available</p> <p>Know where to access support</p>	<p>Explain the importance of healthy behaviours before and during pregnancy,</p> <p>Understand miscarriage and pregnancy loss</p> <p>Recognise where to access care and support.</p>	<p>Analyse my attitudes towards spending and saving and recognise how these may influence future habits</p> <p>Explain how to plan and budget for my current and future spending and saving and</p> <p>Demonstrate how to manage a personal budget for when I plan to live independently.</p> <p>Recognise there are different ways to save for the long-term and for my retirement</p>	<p>Recognise the purpose of an interview</p> <p>Explore how to overcome nerves in this situation</p> <p>Explore different ways to prepare for an interview</p>	<p>Explore the difficulty of achieving a good work/life balance</p> <p>Explain the importance of sleep, diet, exercise and socializing to our wellbeing</p> <p>Analyse your own typical week and reflect on how good your work/life balance is</p>
	<i>Why are they learning this?</i>	<p>To help you make decisions around your health</p> <p>To help you identify unhealthy symptoms in yourself and others</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 consider the effect of using contraception and not using it</p> <p>To help you make choices around contraception that work for you</p> <p>To help you discuss contraception with sexual partners</p>	<p>To help you consider the effect of using contraception and not using it</p> <p>To help you make good decisions in your relationships</p> <p>To help you recognise where support is available</p>	<p>To help you make healthy choices in your relationships</p> <p>To help you recognise where support is available</p>	<p>To help you make healthy choices in your life</p> <p>To help you recognise where support is available</p>	<p>To help you become more independent</p> <p>To help you understand money and its value</p> <p>To help you avoid financial issues through good planning</p>	<p>To help you manage yourself in a potentially stressful situation</p> <p>To help you feel confident in the future when in an interview</p>	<p>To help you manage your well-being</p>
	<i>Why are we learning this now?</i>	<p>As your body continues to develop, it is important that you take responsibility for looking after it and checking regularly for signs of more serious illnesses</p>	<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>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>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 healthy way</p>	<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 healthy way</p>	<p>As you near the end of your time at high school, it is important that you are able to make informed decisions about your future</p>	<p>You are approaching working age so you need to know what to expect so you can give your best self in an interview</p>	<p>You are now completing your GCSE courses so it is important to maintain studious but also healthy</p>	