

Key Concepts

	Subject content	Boardworks Presentations
Personal Identities	Understanding that identity is affected by a range of factors including a positive sense of self.	Emotional Health Unit 1 Part 1: Depression Emotional Health Unit 2 Part 2: Mental Health Conditions
	Learning that how personal qualities and attitudes, skills and achievements are evaluated affects confidence building and self-esteem.	Emotional Health Unit 1 Part 1: Depression Emotional Health Unit 2 Part 2: Mental Health Conditions
	Understanding that self-esteem can change with personal circumstances such as those associated with family and friendships, achievement and employment.	Emotional Health Unit 1 Part 1: Depression Emotional Health Unit 2 Part 2: Mental Health Conditions
Healthy Lifestyles	Recognising that healthy lifestyles, and the well-being of self and others, are dependent on information and making choices.	Physical Health Unit 1 Part 1: Maintaining a Healthy Weight Drugs Education Unit 1 Part 1: Alcohol and Alcohol Units Drugs Education Unit 1 Part 2: Binge Drinking Drugs Education Unit 1 Part 3: Smoking Drugs Education Unit 2 Part 1: Drink-driving Drugs Education Unit 2 Part 2: Drink Spiking Drugs Education Unit 2 Part 3: Substance Abuse
	Understanding that our physical, mental, sexual and emotional health affects our ability to lead fulfilling lives and that there is help and support available when it is threatened.	Sex Education Unit 1 Part 1: Contraception and STIs Sex Education Unit 1 Part 2: Teenage Pregnancy Sex Education Unit 1 Part 3: Sexual Abuse Sex Education Unit 2 Part 1: Unplanned Pregnancy – Options Drugs Education Unit 1 Part 2: Binge Drinking Drugs Education Unit 1 Part 3: Smoking Drugs Education Unit 2 Part 3: Substance Abuse Physical Health Unit 1 Part 1: Maintaining a Healthy Weight Physical Health Unit 2 Part 2: Living with Disabilities Emotional and Psychological Health Unit 1 Part 1: Depression Emotional and Psychological Health Unit 1 Part 2: Autism and Asperger Syndrome Emotional and Psychological Health Unit 2 Part 2: Mental Health Conditions
	Being aware that growth and change are a normal part of growing up.	Relationships Unit 1 Part 2: Changing Family Relationships Relationships Unit 1 Part 3: Bereavement

Key Concepts

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Risk	Understanding risk in both positive and negative terms, and understanding that individuals need to manage risk to self and others in a range of personal and social situations.	Drugs Education Unit 1 Part 1: Alcohol and Alcohol Units Drugs Education Unit 1 Part 2: Binge Drinking Drugs Education Unit 1 Part 3: Smoking Drugs Education Unit 2 Part 1: Drink-driving Drugs Education Unit 2 Part 2: Drink Spiking Drugs Education Unit 2 Part 3: Substance Abuse Sex Education Unit 1 Part 1: Contraception and STIs Sex Education Unit 1 Part 2: Teenage Pregnancy
	Appreciating that pressure can be used positively or negatively to influence others in risky situations.	
	Developing the confidence to try new ideas and face challenges safely, individually and in groups.	
Relation- ships	Understanding that relationships affect everything we do in our lives and that relationship skills have to be learnt and practised.	Relationships Unit 1 Part 1: Romantic Relationships Relationships Unit 1 Part 2: Changing Family Relationships
	Understanding that people have multiple roles and responsibilities in society and that making positive relationships and contributing to groups, teams and communities is important.	Relationships Unit 1 Part 1: Romantic Relationships
	Understanding that relationships can cause strong feelings and emotions.	Relationships Unit 1 Part 1: Romantic Relationships
Diversity	Appreciating that, in our communities, there are similarities as well as differences between people of different race, religion, culture, ability or disability, gender, age or sexual orientation.	Relationships Unit 1 Part 1: Romantic Relationships Relationships Unit 2 Part 2: Living with Disabilities Relationships Unit 2 Part 1: Marriage
	Understanding that prejudice, racism and discrimination must be challenged at every level in our lives.	Relationships Unit 1 Part 1: Romantic Relationships Relationships Unit 2 Part 2: Living with Disabilities

Key Processes

	Subject content	Boardworks Presentations
Critical Reflection	Students should be able to reflect critically on their own and others' values, and change their behaviour accordingly.	Relationships Unit 1 Part 1: Romantic Relationships
	Students should be able to reflect on their own and others' strengths and achievements, give and receive constructive praise and criticism, and learn from success and failure.	Learning to Learn Unit 2: Revision Strategies
	Students should be able to identify strategies for meeting personal targets, reflect on their effectiveness, and implement and monitor strategies for achieving goals.	Learning to Learn Unit 1: Setting Targets Learning to Learn Unit 2: Revision Strategies
	Students should be able to reflect on feelings and identify positive ways of managing strong emotions and behaviour and act positively on them.	Emotional and Psychological Health Unit 1 Part 1: Depression Emotional and Psychological Health Unit 2 Part 1: Coping with Stress Emotional and Psychological Health Unit 2 Part 2: Mental Health Conditions
Decision Making and Managing Risk	Students should be able to use knowledge and understanding to make informed choices about safety, health and well-being, and be able to evaluate personal choices by making changes if necessary.	All <i>KS4 PSHEE Personal Wellbeing</i> presentations
	Students should be able to find and evaluate information, advice and support from a variety of sources and be able to support others in doing so.	All <i>KS4 PSHEE Personal Wellbeing</i> presentations
	Students should be able to assess and manage risk in personal choices and situations, minimise harm in risky situations and demonstrate how to help others do so.	Drugs Education Unit 1 Part 1: Alcohol and Alcohol Units Drugs Education Unit 1 Part 2: Binge Drinking Drugs Education Unit 1 Part 3: Smoking Drugs Education Unit 2 Part 1: Drink-driving Drugs Education Unit 2 Part 2: Drink Spiking Drugs Education Unit 2 Part 3: Substance Abuse Sex Education Unit 1 Part 1: Contraception and STIs Sex Education Unit 1 Part 2: Teenage Pregnancy
	Students should be able to use strategies for resisting unhelpful peer influences and pressure, and assess when to use them and when and how to get help.	Drugs Education Unit 1 Part 2: Binge Drinking Drugs Education Unit 1 Part 3: Smoking Drugs Education Unit 1 Part 1: Drink-driving Drugs Education Unit 1 Part 3: Substance Abuse

Key Processes

	Subject content	Boardworks Presentations
Developing Relationships and Working with Others	Students should be able to build and maintain a range of positive relationships, reflect upon what makes these successful and apply this to new situations.	Relationships Unit 1 Part 1: Romantic Relationships
	Students should be able to negotiate within relationships, recognising that actions have consequences, and resolve conflicts peacefully.	Relationships Unit 1 Part 1: Romantic Relationships Relationships Unit 1 Part 2: Changing Family Relationships
	Students should be able to work individually, together and in teams for specific purposes using communication skills and skills of recognition, assertiveness and empathy.	All <i>KS4 PSHEE Personal Wellbeing</i> presentations
	Students should be able to demonstrate respect and acceptance for, and value differences between, people and challenge offensive behaviour, prejudice and discrimination assertively and safely.	Emotional and Psychological Health Unit 1 Part 2: Autism and Asperger Syndrome Physical Education Unit 2 Part 2: Living with Disabilities Relationships Unit 1 Part 1: Romantic Relationships Relationships Unit 2 Part 1: Marriage
	Students should be able to explore feelings and emotions to changing relationships and develop skills to cope with loss.	Relationships Unit 1 Part 1: Romantic Relationships Relationships Unit 1 Part 2: Changing Family Relationships Relationships Unit 1 Part 3: Bereavement Relationships Unit 2 Part 2: The Impact of Divorce Physical Health Unit 2 Part 1: Cancer

Range and Content

	Subject content	Boardworks Presentations
<p>The study of personal well-being should include:</p>	<p>The effect of conflicting values on individuals, families and communities, and ways of responding to them.</p>	<p>Relationships Unit 1 Part 2: Changing Family Relationships Relationships Unit 2 Part 1: Marriage</p>
	<p>How the media portrays young people, body image and health issues.</p>	<p>Physical Health Unit 1 Part 1: Maintaining a Healthy Weight</p>
	<p>Causes, symptoms and treatments of some mental and emotional health disorders, including stress and depression, the link between eating disorders and self-image, and the need to balance work, leisure and exercise.</p>	<p>Emotional and Psychological Health Unit 1 Part 1: Depression Emotional and Psychological Health Unit 1 Part 2: Autism and Asperger Syndrome Emotional and Psychological Health Unit 2 Part 2: Mental Health Conditions Physical Health Unit 1 Part 1: Maintaining a Healthy Weight</p>
	<p>The benefits and risks of health and lifestyle choices, including in relation to sexual activity and substance abuse, and the short and long-term consequences for the health and mental and emotional well-being of individuals, families and communities.</p>	<p>Drugs Education Unit 1 Part 1: Alcohol and Alcohol Units Drugs Education Unit 1 Part 2: Binge Drinking Drugs Education Unit 1 Part 3: Smoking Drugs Education Unit 2 Part 1: Drink-driving Drugs Education Unit 2 Part 2: Drink Spiking Drugs Education Unit 2 Part 3: Substance Abuse Sex Education Unit 1 Part 1: Contraception and STIs Sex Education Unit 1 Part 2: Teenage Pregnancy Sex Education Unit 2 Part 1: Unplanned Pregnancy – Options Physical Health Unit 1 Part 1: Maintaining a Healthy Weight Emotional and Psychological Health Unit 1 Part 1: Depression Emotional and Psychological Health Unit 2 Part 1: Coping with Stress Emotional and Psychological Health Unit 2 Part 2: Mental Health Conditions</p>
	<p>Where and how to obtain health information, how to recognise and follow health and safety procedures, ways of reducing risk and minimising harm in risky situations, sources of emergency help, and use of basic and emergency aid.</p>	<p>Drugs Education Unit 2 Part 2 Drink Spiking Physical Health Unit 1 Part 2: First Aid</p>

Range and Content

	Subject content	Boardworks Presentations
The study of personal well-being should include:	Characteristics of positive relationships, awareness of exploitation in relationships, and statutory and voluntary organisations that support relationships in crisis.	Relationships Unit 1 Part 1: Romantic Relationships
	The roles and responsibilities of parents, carers and other family members.	Relationships Unit 1 Part 2: Changing Family Relationships Sex Education Unit 2 Part 1: Unplanned Pregnancy – Options
	Parenting skills and qualities and their central importance to family life.	Relationships Unit 1 Part 2: Changing Family Relationships Sex Education Unit 2 Part 1: Unplanned Pregnancy – Options
	The impact of separation, divorce and bereavement on families and the need to adapt to changing circumstances.	Relationships Unit 2 Part 1: The Impact of Divorce Relationships Unit 1 Part 3: Bereavement Physical Health Unit 2 Part 1: Cancer
	The diversity of ethnic and cultural groups, the power of prejudice, bullying, discrimination and racism, the need to take the initiative in challenging this and other offensive behaviours in giving support to victims of abuse.	Physical Health Unit 2 Part 2: Living with Disabilities