



PSHE L17 – L18

Outcomes

H&W – Safety	
Level 17	<ul style="list-style-type: none"> ▪ Degrees of trust' — those people we can trust with less important things, and those we can trust with our most important things (e.g. possessions, information about us or our feelings). ▪ How others may put us under pressure to do something. ▪ A 'dare' is and what people might say or do if they are 'daring' us. ▪ Strategies for saying 'no' to pressure or dares. ▪ Whom to tell in different situations and what we could say..
Level 18	<ul style="list-style-type: none"> ▪ When we might take back our trust if we feel someone no longer deserves it. ▪ How we might feel if someone has dared us to do something. ▪ Strategies to resist pressure to behave in inappropriate ways. ▪ What we can say and do and where to get help if we have been pressurised, or seen someone else being pressurised, to do something risky ▪ Not everything we see or read online is trustworthy; that some things that are written about are not real and are 'fake'. ▪ The influence that fake news can have on people's opinions, attitudes to others and understanding of the world.
H&W – Managing Emotions and Mental Health	
Level 17	<ul style="list-style-type: none"> ▪ Recognise when we need help with mental health or emotional wellbeing and whom we can speak to. ▪ Give simple reasons why it is important that others know how we are feeling. ▪ Some simple ways we can help others to feel better if they are feeling sad or upset. ▪ How rest and spending time doing things we enjoy can help to make us feel happy ▪ Explain that everyone experiences a range of feelings at different times (e.g. feeling happy, excited, sad, angry, fearful, surprised, nervous).
Level 18	<ul style="list-style-type: none"> ▪ When we get upset, angry or frustrated our actions can affect others as well as ourselves ▪ How to respond appropriately to others' feelings
R - Growing and Changing	
Level 17	<ul style="list-style-type: none"> ▪ During and after puberty, some people enjoy masturbating, and this should be done in private. ▪ People experience the physical and emotional changes of puberty over different lengths of time
R – Social Skills	
Level 17	<ul style="list-style-type: none"> ▪ Explain why it is important to listen to others' point of view; demonstrate active listening; demonstrate simple ways of resolving disagreements. ▪ What it means to 'fall out' with friends or family. ▪ What might make someone feel that they are in an unhappy or unhealthy friendship or relationship ▪ Our feelings about other people can change and that this is okay.
Level 18	<ul style="list-style-type: none"> ▪ Kind ways of letting people know our feelings towards them have changed ▪ Ways of playing and working with others so that everyone feels happy and is able to do their best. ▪ Occasions when we have worked as a team or in a group to achieve something. ▪ Why listening and respecting others' points of view helps us to get on with others.
SA – Building Resilience	
Level 17	<ul style="list-style-type: none"> ▪ Access and use information and services to meet needs. ▪ Understand how the media presents information and the effect of this. ▪ Discriminate between 'safe' and 'unsafe' situations. ▪ Understand and manage risk and the consequences of risky behaviour
Level 18	<ul style="list-style-type: none"> ▪ Establish and negotiate age-appropriate boundaries. ▪ Understand the risks of using modern technologies (such as the internet, computer and video games and mobile phones) and know how to keep safe whilst using them. ▪ Communicate with others including, talking, listening, negotiating and being assertive. ▪ Recognise and resist peer pressure.
SA – Health & Self Care	
Level 17	<ul style="list-style-type: none"> ▪ What is meant by body image. ▪ What is meant by self-esteem. ▪ Our thoughts and feelings about how different bodies are portrayed in the media. ▪ Some influences on young people to look a particular way, and the impact of these on emotional wellbeing. ▪ Some ways we can maintain self-esteem in relation to body image
Level 18	<ul style="list-style-type: none"> ▪ Some of the risks and possible consequences of drinking alcohol, smoking and other drugs on the body. ▪ How medicines, when used responsibly can help us to take care of our health (e.g. painkillers when we have a headache). ▪ Rules (laws) around supplying or possessing illegal substances, and why they exist. ▪ How drugs/alcohol can affect how people feel, influence their ability to make decisions and can contribute to causing accidents. ▪ How pressure to use substances can come from a variety of sources, including people we know. ▪ Demonstrate strategies to resist pressure to smoke, drink alcohol or use illegal drugs. ▪ What is meant by someone having a 'habit', or 'addiction' in terms of substance misuse. ▪ Sources of support or advice if we are worried about ourselves or someone else in relation to substance misuse
SA – Self Management	
Level 17	<ul style="list-style-type: none"> ▪ Can ask friends for help with problems ▪ Identify things that can cause them to be sad/happy/angry/jealous/frightened/excited/embarrassed/proud. ▪ Talk about where they had problems but overcame them ▪ Identify their strengths and weaknesses in school ▪ Identify examples of anti-social behaviour
Level 18	<ul style="list-style-type: none"> ▪ Are emotionally stable and show self-control

	<ul style="list-style-type: none"> ▪ Can show assertiveness through confidence without being aggressive ▪ To recognise their personal strengths and how this affects their self-confidence and self-esteem ▪ To make effective use of constructive feedback and differentiating between helpful feedback and unhelpful criticism ▪ To evaluate the extent to which their self-confidence and self-esteem are affected by the judgments of others
WW – Rights and Responsibilities	
Level 17	<ul style="list-style-type: none"> ▪ All children have the right to grow as healthy as possible, can learn at school, are protected, have their views listened to, and are treated fairly. ▪ UNICEF – our rights United Kingdom
WW – Skills for Life	
Level 17	<ul style="list-style-type: none"> ▪ Skills for independent living (e.g. safe travel, shopping and meal preparation). ▪ Strengths, skills and qualifications someone might need to do the jobs that interest us. ▪ Choices available at the end of Key Stage 4, including employment, further study, apprenticeships, work placements. ▪ Some of the skills that can help someone to get a job (e.g. interview techniques, communication and teamworking skills). ▪ How to manage our feelings in relation to living independently, and whom we can talk to if we are worried.
Level 18	<ul style="list-style-type: none"> ▪ Meant by the terms 'afford', 'borrow' and 'lend' (in the context of money). ▪ Skills for budgeting and managing potential income (salary, personal independence payments) as we become more independent ▪ What is meant by 'debt' and 'credit'. ▪ Examples of what is meant by 'value for money'. ▪ Methods of saving for the future.