

Year 11

Personal Development



‘Inspiring hearts and minds with Christ at the centre of all we say and do’

Created and loved by God (exploring the individual)

Created to love others (exploring the individuals relationship with others)

Created to live in a community—local, national and global (exploring the individuals relationship with the wider world)

Year 11—Autumn Term 1

<u>Title</u>	<u>Key Focus</u>	<u>Topics covered</u>	<u>PSHE Association</u>
Self Worth	<p>How formative experiences can shape a person's beliefs, values and attitudes</p> <p>How a person's faith and belief that they are created and loved by God can positively influence the way they respect themselves and others</p>	<ul style="list-style-type: none"> • Respect for one's own dignity and that of others. • Integrity in word and deed; avoiding a double life. • Faith: Trusting that God exists and loves us completely. 	H2, H5, H7
Addiction	<p>How addiction can affect a person's life and Statistics about drugs and addiction . How students can use strategies to resist/overcome the pull of short-term highs</p>	<ul style="list-style-type: none"> • Self-discipline: resisting pressures and short-term satisfaction • Discernment: decision making that is honest and wise • Hope: in the fulness of life that God offers 	H19, H20, H21
Eating disorders	<p>How pressure, stress and anxiety can contribute to poor emotional health . That poor emotional health can manifest in different ways, including eating disorders . The importance of talking about difficulties, their own and those of others . How reducing self-criticism and practicing gratitude can improve mental and emotional well-being</p>	<ul style="list-style-type: none"> • Self-knowledge: insight into oneself, acquired through effort and patience • Courage: to confront negative patterns of behaviour and seek help • Friendship: being there with sensitivity and patience when others are struggling 	H8, H9, H10

Year 11—Autumn Term 2

<u>Title</u>	<u>Key Focus</u>	<u>Topics covered</u>	<u>PSHE Association</u>
Exam stress and relaxation	<p>To understand the science behind 'flight' 'Fright' or 'Freeze' responses to stress</p> <p>To recognise that stress is only beneficial in the short term and over the long term can effect you physically and emotionally</p> <p>To understand how to manage stress</p>	<ul style="list-style-type: none"> • Signs of exam stress and anxiety • Science behind anxiety and stress • Ways of managing stress and anxiety in short and long term 	
Financial Choices– Life skills	<p>To understand the importance of budgeting and the different ways in which budgets can be managed effectively.</p> <p>To make students aware of the risks involved when borrowing money and the terminology surrounding mortgages and interest.</p>	<ul style="list-style-type: none"> • Budgeting and tools that can help with budgeting • Different types of borrowing and their relative costs • Interest rates and APR • Mortgages and financial responsibility 	L16, L17, L18, L19
Financial Choices– Life skills	<p>To understand the importance of budgeting and the different ways in which budgets can be managed effectively.</p> <p>To make students aware of the risks involved when borrowing money and the terminology surrounding mortgages and interest.</p>	<ul style="list-style-type: none"> • Budgeting and tools that can help with budgeting • Different types of borrowing and their relative costs • Interest rates and APR • Mortgages and financial responsibility 	L16, L17, L18, L19

Year 11—Spring Term 1

<u>Title</u>	<u>Key Focus</u>	<u>Topics covered</u>	<u>PSHE Association</u>
Birth control	Consider the counter-cultural idea of saving sex for marriage . Learn more about fertility and contraception. Learn about Natural Family Planning and why it is the method of managing fertility that the Church supports. Understand the Church teaching on how love, sex and procreation are intrinsically linked	<ul style="list-style-type: none"> • Chastity: striving for sexual purity within and outside of marriage • Respect: for God’s gift of sexuality, fertility and human life • Self-control: mastering one’s sexual desires and behaviour for the sake of true love 	R23, R24, R25, R26
Pornography	<p>That sexual desire is a positive thing that draws us to truth and beauty.</p> <p>Facts and figures about the porn industry That amongst many other things, porn:</p> <p>Gives unrealistic expectations and unhealthy sex education</p> <p>Harms relationships by fostering selfishness and self-satisfaction</p> <p>Is often linked to masturbation and can be highly addictive</p>	<ul style="list-style-type: none"> • Self-worth: insight into one’s innate dignity and that of others • Courage: to confront negative patterns of behaviour with realism and patience • Ambition: to become a person of high ideals who strives to live by them 	H18, H26, R21
STI’s	<p>Pupils will consider:</p> <p>How upbringing and peer pressure might have an impact on our choices</p> <p>Facts and figures about Sexually Transmitted Infections, and the responsibility of getting tested</p> <p>The emotional/psychological impacts of (regularly) engaging in casual sex</p> <p>How recognising our true value can bring freedom</p>	<ul style="list-style-type: none"> • Responsibility: facing up to the consequences of decisions and their impact on oneself and others. • Courage: to confront negative patterns of behaviour and resist negative peer pressure • Friendship: being there with patience when others are struggling 	H27, H29, H31

Year 11—Spring Term 2

<u>Title</u>	<u>Key Focus</u>	<u>Topics covered</u>	<u>PSHE Association</u>
Cinema in education—Truth or lies	'Truth and Lies' uses a mixture of drama, documentary, discussion and reflection to help students understand that pornography negatively impacts the self, relationships and the wider world	<ul style="list-style-type: none"> • That pornography can affect the brain, the sense of self, and can lead to sexual dysfunction • That pornography can have a damaging effect on intimate relationships • That pornography objectifies men and women and leads to negative representation and cultural expectations 	R8, R18, R21
Cinema in education—Truth or lies part 2	'Truth and Lies' uses a mixture of drama, documentary, discussion and reflection to help students understand that pornography negatively impacts the self, relationships and the wider world	<ul style="list-style-type: none"> • That pornography can affect the brain, the sense of self, and can lead to sexual dysfunction • That pornography can have a damaging effect on intimate relationships • That pornography objectifies men and women and leads to negative representation and cultural expectations 	R8, R18, R21
Cinema in education—Truth or lies part 3	'Truth and Lies' uses a mixture of drama, documentary, discussion and reflection to help students understand that pornography negatively impacts the self, relationships and the wider world	<ul style="list-style-type: none"> • That pornography can affect the brain, the sense of self, and can lead to sexual dysfunction • That pornography can have a damaging effect on intimate relationships • That pornography objectifies men and women and leads to negative representation and cultural expectations 	R8, R18, R21