

# 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"> <li>• Respect for one's own dignity and that of others.</li> <li>• Integrity in word and deed; avoiding a double life.</li> <li>• Faith: Trusting that God exists and loves us completely.</li> </ul>	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"> <li>• Self-discipline: resisting pressures and short-term satisfaction</li> <li>• Discernment: decision making that is honest and wise</li> <li>• Hope: in the fulness of life that God offers</li> </ul>	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"> <li>• Self-knowledge: insight into oneself, acquired through effort and patience</li> <li>• Courage: to confront negative patterns of behaviour and seek help</li> <li>• Friendship: being there with sensitivity and patience when others are struggling</li> </ul>	H8, H9, H10

## Year 11—Autumn Term 2

<u>Title</u>	<u>Key Focus</u>	<u>Topics covered</u>	<u>PSHE Association</u>
Vaping	Pupils will consider why there has been a growth in vaping and the dangers associated with vaping.	<ul style="list-style-type: none"> <li>• Addiction</li> <li>• Peer pressure</li> <li>• Health– dangers</li> <li>• Nicotine addiction</li> <li>• Marketing</li> </ul>	
Review 1	'Addiction and eating disorders are made worse because of pressure put on people by society' Do you agree with this statement	Students write an agree, disagree and conclude with their point of view	
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"> <li>• Chastity: striving for sexual purity within and outside of marriage</li> <li>• Respect: for God's gift of sexuality, fertility and human life</li> <li>• Self-control: mastering one's sexual desires and behaviour for the sake of true love</li> </ul>	R23, R24, R25, R26

## Year 11—Spring Term 1

<u>Title</u>	<u>Key Focus</u>	<u>Topics covered</u>	<u>PSHE Association</u>
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"> <li>• Self-worth: insight into one's innate dignity and that of others</li> <li>• Courage: to confront negative patterns of behaviour with realism and patience</li> <li>• Ambition: to become a person of high ideals who strives to live by them</li> </ul>	H18, H26, R21
STI's	<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"> <li>• Responsibility: facing up to the consequences of decisions and their impact on oneself and others.</li> <li>• Courage: to confront negative patterns of behaviour and resist negative peer pressure</li> <li>• Friendship: being there with patience when others are struggling</li> </ul>	H27, H29, H31
Coercive Control	<ul style="list-style-type: none"> <li>• The many forms of coercive control</li> <li>• Why victims might find it hard to leave abusive relationships</li> <li>• Victim-blaming and other societal attitudes towards misogyny and sexual violence (including rape)</li> <li>• The qualities of a truly respectful, healthy relationship</li> <li>• Support avenues available to them</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding: of the true dignity owed to every person and of those things that undermine it.</li> <li>• Courage: to confront abuse and bring harmful, coercive patterns of behaviour to light.</li> <li>• True friendship: the basis for all flourishing relationships, rooted not in dependency and exploitation but in respect, generosity and trust.</li> </ul>	R6, R7,

## Year 11—Spring Term 2

<b><u>Title</u></b>	<b><u>Key Focus</u></b>	<b><u>Topics covered</u></b>	<b><u>PSHE Association</u></b>
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"> <li>• That pornography can affect the brain, the sense of self, and can lead to sexual dysfunction</li> <li>• That pornography can have a damaging effect on intimate relationships</li> <li>• That pornography objectifies men and women and leads to negative representation and cultural expectations</li> </ul>	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"> <li>• That pornography can affect the brain, the sense of self, and can lead to sexual dysfunction</li> <li>• That pornography can have a damaging effect on intimate relationships</li> <li>• That pornography objectifies men and women and leads to negative representation and cultural expectations</li> </ul>	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"> <li>• That pornography can affect the brain, the sense of self, and can lead to sexual dysfunction</li> <li>• That pornography can have a damaging effect on intimate relationships</li> <li>• That pornography objectifies men and women and leads to negative representation and cultural expectations</li> </ul>	R8, R18, R21