

BISHOP HEBER HIGH SCHOOL

RESPECT · OPPORTUNITY · ACHIEVEMENT

Subject	Year	Term								
PSHCE	11	2								
Topic										
Addiction; Maintaining Your Health										
Content (Intent)										
Prior Learning (Topic)	Consent and Coercion; Careers: Financial Capability and Planning Ahead									
- Awareness of the dangers of drugs which are prescribed but still present serious health risk - The physical and psychological consequences of addiction, including alcohol dependency - The characteristics and evidence of what constitutes a healthy lifestyle - The benefits of regular self-examination and screening - The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress - The benefits and importance of physical exercise, time outdoors on mental wellbeing and happiness										
Assembly Topics:										
Mock Examinations; student review; police assembly on current issues; Easter Celebration										
Future Learning (Topic)	Preparing for Exams									
What Knowledge and Skills will be taught (Implementation)	How will your understanding be assessed & recorded (Impact)									
Knowledge - Dangers of prescribed drugs - Health risks of prescribed drugs - The physical & psychological consequences of addiction - Breast and testicular health - Myths related to aesthetics and beauty standards - Fertility and routes to parenthood - Understanding the menopause - Benefits of physical exercise & time outdoors - Self-care techniques - How to seek support for themselves and others across all aspects of intimate relationship health: what service, how to contact and what to expect - Named support services: Starting Well Service (Chat Health text line), RASASC, Brook, Rape Crisis, Survivors UK	Understanding will be assessed in a variety of ways. For example, through baseline assessments at the start of topics, through formative assessment opportunities and self-reflection summative assessments to establish ASK (attributes, skills & factual knowledge) developed. The impact of the PSHCE curriculum will be reported on twice a year as part of the Report cycle, through Learning Habits descriptors. Student feedback will be collated by Year Leaders following the PSHCE Day in November, via student voice quality assurance, the School Council and through an annual PSHCE questionnaire.									
Skills - Ability to make informed choices - Risk management - Active listening and communicating - Developing self-care strategies										
How can parents help at home?										
- Discuss these topics with your child and attend parent evenings and school information meetings. - Encourage your child to engage with wider school activities (see SBS).										
Helpful further reading/discussion (including Reading and Vocabulary Lists)										
Reading <u>Drug information</u>	Vocabulary Lists <table><tr><td>Prescribed</td><td>Psychological</td></tr><tr><td>Opioid</td><td>Stimulants</td></tr><tr><td>Fertility</td><td>Menopause</td></tr><tr><td>Aesthetics</td><td></td></tr></table>		Prescribed	Psychological	Opioid	Stimulants	Fertility	Menopause	Aesthetics	
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