

## Applied Resilience and PHSCE – Key Stage 4

### Intent:

The Applied Resilience (Year 10) and Futures (Year 11) curriculum is intended to provide contextually relevant education and skills that encourage and enable students to make healthy, responsible choices in their personal and social lives as well as educationally. Lessons are designed to recognise and address the issues and challenges faced by Southway students, and young people generally, in a rapidly changing society and world. Topics cover a range of areas including relationships, critical thinking, physical and mental health, personal finances and inter-personal skills. Lessons take a variety of forms including information gathering, discussion, reflection and research to provide development of learning skills that are used across the curriculum, complementing core and options subjects.

### Implementation:

	Term 1	Term 2	Term 3
Year 1	<p>Being Me in My World: Identity, peer pressure, influences</p> <p>Celebrating Differences: Prejudice, discrimination, stereotypes</p>	<p>Dreams and goals: aspirations, responsible choices, coping strategies</p> <p>Healthy Me: Stress, anxiety, healthy choices</p>	<p>Relationships: healthy relationships, conflict, assertiveness</p> <p>Changing Me: physical, emotional changes, image, self-esteem</p>
Year 2	<p>Being Me in My World: freedom, rights, responsibility, personal safety and threats</p> <p>Celebrating Difference: effects of discrimination on health</p>	<p>Dreams and goals: personal relationships, goal setting, work-life balance</p> <p>Healthy Me: physical and mental</p>	<p>Relationships: love, trust and respect</p> <p>Changing Me: effects of change, coping strategies, gender and sexuality</p>

"Do the best you can until you know better. Then, when you know better, do better." - Maya Angelou