

Health and Wellbeing

Year 10/11 Cycle A term 4- PHSE: Exploring the influence of role models

PHSE Golden Concepts

Respect

Safety

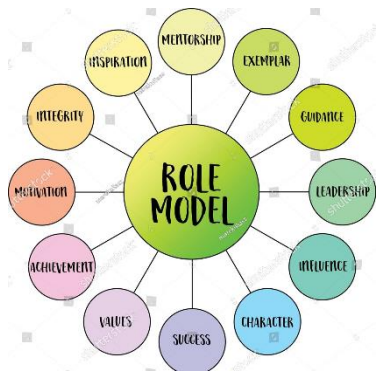
Communication

Health

Relationships

Key Vocabulary

Role Model:	A person whose behaviour or success serves as an example for others.
Influence:	The ability to affect someone's thoughts, behaviours, or decisions.
Authenticity:	Being true to oneself and others, without pretending to be someone you're not.
Resilience:	The ability to bounce back from adversity or challenges.
Self-Esteem:	One's sense of self-worth or personal value.
Critical Thinking:	The ability to evaluate information, understand different viewpoints, and make informed decisions.



What I will know by the end of the unit: Positive and negative influences of role models in the media.

<p>What Are Role Models?</p> <p>Definition: A role model is someone whose behaviour, actions, or success serves as an example for others to follow. Role models can inspire individuals to pursue their goals, adopt positive behaviours, and develop their character.</p> <p>Types of Role Models:</p> <p>Personal Role Models: These could be family members, teachers, friends, or people from a student's life who offer guidance and influence.</p> <p>Public Figures: Celebrities, athletes, politicians, or influencers who are admired for their achievements or personalities.</p> <p>Historical Role Models: Individuals from history or society who have made significant contributions, such as leaders, activists, or pioneers.</p> <p>Fictional Role Models: Characters in books, films, or TV shows who embody certain qualities that inspire others.</p>
<p>Why Are Role Models Important?</p> <p>Inspiration and Motivation: Role models often encourage others to pursue their passions, work hard, and achieve their goals by demonstrating what is possible.</p> <p>Influence on Behaviour: The values and behaviours of role models can shape how individuals think, act, and make decisions. Positive role models can lead to the development of good habits, attitudes, and social behaviours.</p> <p>Guidance and Support: Role models can provide direction, wisdom, and emotional support, particularly when facing challenges or making important life decisions.</p> <p>Building Identity: Role models can play a key role in helping individuals develop their self-identity and determine who they want to become.</p>
<p>The Influence of Role Models on Decision-Making</p> <p>Positive Influence: A role model can inspire good decisions, such as setting goals, maintaining healthy habits, or pursuing a fulfilling career. They can be a source of encouragement when facing difficult choices.</p> <p>Negative Influence: On the flip side, role models who engage in harmful behaviours (e.g., drug use, dishonesty, aggressive behaviour) can lead others to replicate those actions. Students should be aware of the risks of following negative role models.</p> <p>Peer Pressure: Sometimes, peers or social groups serve as role models. In these cases, students may face pressure to conform to group behaviours that might not align with their values or goals.</p>
<p>The Impact of Social Media and Celebrities</p> <p>Social Media Influence: Social media platforms like Instagram, TikTok, and YouTube have created a new generation of role models. These influencers can have both positive and negative effects on their followers.</p> <p>Positive Influences: Influencers who promote healthy lifestyles, kindness, environmental consciousness, or success in education and business.</p> <p>Negative Influences: Celebrities or influencers who promote materialism, unhealthy body images, or risky behaviours (e.g., substance abuse, irresponsible driving).</p>

Health and wellbeing
Year 10/11 Cycle A term 4- PHSE: Evaluating the social and emotional risks of drug use.

PHSE Golden Concepts

Respect	Safety	Communication	Health	Relationships
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What I will know by the end of the unit:
Emotional and Social risks of drug using.

Key Vocabulary

Drug Dependency:	A condition in which a person becomes physically or psychologically reliant on a drug.
Addiction:	A chronic, relapsing disorder characterized by compulsive drug-seeking behaviour and use, despite harmful consequences.
Psychosis:	A mental health condition that results in a disconnection from reality, often due to drug use, where an individual may experience hallucinations or delusions.
Peer Pressure:	Influence from people of the same age or social group to engage in certain behaviours, including drug use.
Withdrawal:	Symptoms that occur when a person stops using a drug, including emotional and physical discomfort.

<p>Social Stigma:</p> <p>Judgment from Society: People who use drugs may face social stigma or be judged negatively by others, which can lead to feelings of shame or exclusion from certain groups or activities.</p> <p>Impact on Reputation: Drug use, especially illegal drugs, can damage one's social reputation, affecting friendships, school life, and future job opportunities.</p>
<p>Mental Health Issues:</p> <p>Anxiety and Depression: Drug use can contribute to or worsen mental health conditions such as anxiety, depression, paranoia, and mood swings. Some drugs may offer temporary relief but exacerbate symptoms over time.</p> <p>Psychosis: Long-term or heavy drug use can lead to psychosis or disconnection from reality, including hallucinations and delusions, which can cause emotional instability.</p> <p>Cognitive Impairment: Drug use can impair cognitive functions like memory, concentration, and decision-making, leading to long-term emotional consequences, such as frustration and low self-esteem.</p>
<p>Addiction and Dependence:</p> <p>Emotional Attachment: The emotional need for drugs can develop into addiction, where the person feels they cannot cope without them, leading to withdrawal from normal life and relationships.</p> <p>Emotional Rollercoaster: People struggling with drug addiction often experience extreme highs and lows, which can leave them feeling emotionally unstable and disconnected from their support systems.</p> <p>Guilt and Regret: Individuals who misuse drugs may experience guilt, regret, and self-blame, which can worsen mental health and lead to feelings of isolation and self-loathing.</p>

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Year 10/11 Cycle A term 4- PHSE: The role of sex in the media

PHSE Golden Concepts

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What I will know by the end of the unit:

Positive and negative portrayal of sex within the media

Key Vocabulary

Sexualization:	The process of making someone or something seem sexual in nature, often by emphasizing appearance or sexual appeal.
Objectification:	Treating someone as an object or thing to be used for sexual purposes, often without regard to their feelings, autonomy, or individuality.
Body Image:	How an individual perceives their own physical appearance, which can be influenced by media portrayals of idealized beauty.

Understanding the Role of Sex in the Media

Definition of Media: Media refers to all the different ways in which information is communicated, such as television, film, music, social media, advertisements, and video games.

Portrayal of Sex: Sex and sexual behaviour are often depicted in the media in various ways, ranging from romantic relationships and intimate moments to unrealistic or exaggerated sexual images.

Sexualization: The media often sexualizes people, especially women, by focusing on their appearance, body image, and sexual desirability, which can distort young people's understanding of healthy relationships and self-image.

Types of Media Portraying Sex

Television and Film: How movies and TV show often depict sexual relationships, romance, and intimacy. Many shows include sexually explicit content or romantic storylines that influence perceptions of normal sexual behaviour.

Music Videos: The portrayal of sexuality in music videos, often involving suggestive dance moves, revealing clothing, or sexual imagery that can influence attitudes toward sex.

Social Media: Platforms like Instagram, TikTok, and Snapchat can often showcase idealized or hyper-sexualized images, influencing body image, relationships, and expectations around sex.

Advertising: Sexualized images in advertisements often use sex to sell products or create an emotional response, contributing to unrealistic standards of beauty and sexual desirability.

Video Games: Some video games portray sexual themes, whether through character relationships or depictions of violence or objectification, influencing how young people perceive gender and relationships.

Impact of Sex in the Media

Unrealistic Expectations: Media often presents idealized versions of sex, body image, and relationships, which can create unrealistic expectations for what real-life relationships and sexual experiences should look like.

Body Image Issues: The emphasis on "perfect" bodies, often thin, muscular, or flawless, can lead to body dissatisfaction, low self-esteem, and eating disorders.

Sexual Expectations: The portrayal of sex as always pleasurable, without issues or communication, can create misconceptions about the complexities of real sexual relationships and the importance of consent, mutual respect, and communication.

How accurate are media representations of sexuality and relationships?

The popular 'Love Island' series is being updated. It will now feature 50+ year olds, with a range of body shapes. They will still be single and the rules and set-up of the programme will also remain the same.

STARTER:

Challenge: Will the show be more or less popular? Why?

More challenging: Why do young, beautiful, sexually active people make for popular programmes?

Mega challenge: Explain the impact seeing young, beautiful, sexuality active people as the norm on prime-time TV could have on young teens going through puberty.



