


Relationships.
Year 10/11 cycle A term 6- PHSE: Understanding different families and learning parenting skills- LGBT

| PHSE Golden Concepts | | | | |
|----------------------|--------|---------------|--------|---------------|
| Respect | Safety | Communication | Health | Relationships |

What I will know by the end of the unit:
How families are different and the role of the parent or carer.

| Key Vocabulary | |
|----------------|--|
| Family – | A group of people who care for and support each other, not always biologically related. |
| Carer – | A person who looks after someone, especially children or dependents. |
| Parenting – | Caring for and raising a child, including meeting their emotional, physical, and developmental needs |
| Stereotype – | A simplified and often unfair idea about a group of people. |
| Inclusion – | Actively embracing and respecting all people, especially those from marginalised groups. |
| LGBT+ – | Lesbian, Gay, Bisexual, Transgender, and other identities (e.g., non-binary, queer). |

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| <p>Families can include:</p> <ul style="list-style-type: none"> Nuclear family – Two parents and children Single-parent family Blended family – With step-parents and step-siblings Extended family – Grandparents, cousins, etc. LGBT+ parent family – With same-sex or trans parents Adoptive/foster families Chosen families – Close support networks not based on blood <p> Key Point: Family is about love, support, and care – not just biology.</p> | |
| <p>Skills Good Parents and Carers Need</p> <p>Patience, Empathy, Consistency, Listening skills, Problem-solving, Resilience</p> | |
| <p>“Families come in all shapes and sizes – what matters is love and support.”</p> <p>“Everyone has the right to be treated equally, no matter who they are or who their parents are.”</p> <p>“Good parenting is not about perfection – it’s about care, commitment, and respect.”</p> | |
| <p>Challenging Stereotypes</p> <p>Stereotype</p> <p>“Children need a mum and a dad to do well.”</p> <p>“LGBT+ people can’t be good parents.”</p> <p>“Real families are only biological.”</p> | <p>Reality</p> <p>Children need love, safety, and support – this can come from any family structure.</p> <p>LGBT+ people can and do raise happy, healthy children.</p> <p>Family is defined by care and connection, not just genetics.</p> |

Relationships.
Year 10/11 cycle A term 6- PHSE: Managing change, grief and bereavement

PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

Key Vocabulary

| | |
|---------------------|---|
| Change – | A shift or transition in life (e.g. moving schools, divorce, ending friendships). |
| Loss – | When something or someone important is no longer present. |
| Grief – | The emotional response to loss, especially after death. |
| Bereavement – | The experience of losing someone to death. |
| Coping strategies – | Healthy ways to manage difficult emotions. |
| Resilience – | The ability to recover from setbacks or emotional hardship. |

What I will know by the end of the unit:

How change and loss can effect

Loss can be:
 Emotional (a relationship ends)
 Physical (death of a loved one)
 Situational (moving house or school)

The Grief Process
 Grief isn't a straight line. Common feelings include:
 Shock or disbelief
 Sadness or crying
 Anger or guilt
 Numbness or confusion
 Acceptance and moving forward

🔑 There is no "right" way to grieve — and it takes time.

- Healthy Coping Strategies
- ✅ Talk to someone you trust (friend, adult, counsellor)
 - ✅ Write your feelings in a journal
 - ✅ Maintain routines and self-care
 - ✅ Use creative outlets (music, art, sport)
 - ✅ Be patient with yourself

❌ Avoid bottling it up or using harmful behaviours (e.g. substance use, isolation)

Supporting Others
 Listen without judgment
 Avoid phrases like "cheer up" or "get over it"
 Let them know they're not alone
 Encourage them to seek support
 Be present, even if you don't know what to say