

<b>What we already know:</b> <ul style="list-style-type: none"> <li>Developing healthy study habits</li> </ul>	<b>Health and Wellbeing.</b> <b>Y11- PHSE: Promoting self-esteem and coping with stress</b>	<b>What's next?</b> <ul style="list-style-type: none"> <li>GCSE exams</li> </ul>
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<b>PHSE Golden Concepts</b>				
Respect	Safety	Communication	Health	Relationships

**What I will know by the end of the unit:**  
**How to deal effectively with stress to raise my self esteem**

Key Vocabulary	
Self-esteem	One's own worth and self-respect
Stress	Pressure or tension on ourselves
Chronic	Poor quality or persisting for a long time
Acute	Of an intense or severe degree
Internal	Situated on the inside
External	Belonging or forming on the outer surface or structure

**Understanding Self-Esteem**  
 Components of Self-Esteem: Self-worth, self-respect, and self-confidence.  
 Factors Influencing Self-Esteem: Internal and external factors such as personal achievements, relationships, societal expectations, and media influence.  
 Signs of Healthy vs. Low Self-Esteem: Characteristics and behaviours associated with both healthy and low self-esteem.

**Promoting Self-Esteem**  
 Positive Self-Talk: Techniques for challenging negative thoughts and promoting positive thinking.  
 Setting and Achieving Goals: Importance of setting realistic, achievable goals and celebrating accomplishments.  
 Recognizing Strengths and Talents: Encouraging self-awareness and the identification of personal strengths and talents.  
 Building Healthy Relationships: The role of supportive and positive relationships in enhancing self-esteem.  
 Self-Care Practices: Engaging in activities that promote physical, emotional, and mental well-being.

**Understanding Stress**  
 Types of Stress: Acute vs. chronic stress and common sources of stress for students (e.g., academic pressure, social issues, family dynamics).  
 Physical and Emotional Symptoms: Identifying common symptoms of stress such as headaches, fatigue, irritability, and anxiety

**Coping with Stress**  
 Stress Management Techniques:  
 Relaxation Techniques: Methods such as deep breathing, meditation, and progressive muscle relaxation.  
 Physical Activity: Benefits of regular exercise in reducing stress.  
 Time Management: Strategies for effective time management, including prioritizing tasks and breaking assignments into manageable steps.  
 Healthy Lifestyle Choices: Importance of sleep, nutrition, and hydration in managing stress.  
 Mindfulness and Meditation: Practicing mindfulness and meditation to stay present and reduce anxiety.  
 Developing Resilience: Building resilience through problem-solving skills, adaptability, and maintaining a positive outlook.

**What we already know:**

- Basic sex education

**Health and Wellbeing.  
Y11- PHSE: Teenage pregnancy**

**What's next?**

- Parenting skills

**PHSE Golden Concepts**

Respect

Safety

Communication

Health

Relationships

**Key Vocabulary**

Teenage	A person between the age of 13 and 19
Financial	How much money things cost
Complications	A difficulty encountered that makes things challenging
Contraception	Techniques to prevent pregnancy such as condoms, coil etc
Transmitted infections	A disease that can be passed from one to another through body fluids
Potential	Showing ability to develop something

**What I will know by the end of the unit:**

**How teenage pregnancy is a big commitment and the possible complications.**

**Social and Economic Implications**

**Educational Impact:** How teenage pregnancy can affect educational opportunities and outcomes.

**Economic Consequences:** Long-term economic implications for teenage parents, including potential financial challenges.

**Social Stigma:** Discussion on the social stigma associated with teenage pregnancy and its effects on the individuals involved.

**Parenting Challenges and Responsibilities**

**Parenting Skills:** The skills and responsibilities required for effective parenting.

**Support Systems:** Importance of support from family, friends, and community resources.

**Balancing Responsibilities:** Strategies for balancing parenting with education and personal development.

**Prevention and Contraception**

**Contraceptive Methods:** Overview of various contraceptive methods, their effectiveness, and how to access them.

**Safe Sex Practices:** Importance of practicing safe sex to prevent pregnancy and sexually transmitted infections (STIs).

**Decision-Making:** Encouraging informed and thoughtful decision-making regarding sexual activity.

**Physical and Emotional Implications**

**Health Risks:** Potential health risks for teenage mothers and their babies, including complications during pregnancy and childbirth.

**Emotional Impact:** Emotional and psychological effects on the teenage mother, father, and their families.



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**TEEN PREGNANCY  
FACTS & STATISTICS**

The Teen Pregnancy Facts and statistics reported below reflect the occurrences in the US and deal with, among others, unplanned pregnancies, abortions and the consequent health problems.

