

1. Active Citizenship



We begin our topic by exploring the fundamental **British values** and considering how we can demonstrate them in our **school** and in **society**. We explore how **Britain** became a **multicultural** society through **immigration** and the benefits this has brought to the UK, as well as the need to promote **community cohesion**. We investigate how the **free press** operates in the **UK** and the influence that the **media** can have and how it is regulated. Next, we explore **Government** and **Democracy**. Pupils will investigate how democracy was established in the UK, how it is upheld and how the **rule of law** is applied. Finally, we consider the role of **pressure groups** and **MPs** and how individuals can act to bring about change.



2. Mental Health



We begin our topic by exploring what **self-concept** means and ways in which we can assess our strengths and weaknesses fairly. We explore the role that **the media** (including social media and influencers) can have on our **body image**, and ways in which we can recognise this impact and protect against it. We then investigate the **stigma** surrounding mental health and where this came from historically and through representations in society, before reflecting on what can be done to challenge this and how we can report concerns. We



Year 11

Half term 1

Half term 2

3. Human Rights

We start our investigation into **human rights** by exploring what human rights are and how the **UN declaration of human rights** was established. We consider the role of human rights and what life would be like without them, with an investigation into areas of the world where there are human rights **abuses** and how the rights are **universally applied**. We **evaluate** the application of human rights and explore how groups around the world have **campaigned** to challenge human rights violations. We study the work of groups like **Amnesty International**, and consider the role that we as **individuals** can play in making a **positive contribution** to society and fighting for rights.



Half term 4

Half term 3

4. Physical Health

We begin our topic by considering the different aspects that make up our **physical health**, and what could **influence** this. We consider the **barriers** that people in society may face in maintaining physical health and what support is available. We then explore behaviours that may be harmful to health, such as the use of **sunbeds, caffeine** and tattooing as well as the pressures experienced for aesthetic practices. Pupils will then study the importance of **blood, stem cell and organ** donation and how this can save lives, before considering the purpose and value of **vaccinations** such as **HPV**. Finally, students will learn how to conduct **self-examinations** and the **screening** available for cancers and how to access safe and reliable advice or support.



Half term 5

explore the ideas of **promoting our wellbeing** and **strategies** we can use that are healthy to deal with challenges we face, such as through **change, loss and grief**. Pupils will know how to **recognise signs** of ill mental health in themselves and others, and how to access the **appropriate support** from **reliable sources**. Finally, we will consider the impact that **sleep, diet** and **exercise** can have on mental health.

5. Preparation for next steps

In this unit we focus our attention on preparing for our next steps. We will consider **practical steps** we can take to ensure we are in the best position to begin our **exams** and review the coping strategies for **stress and anxiety** that we developed in our mental health topic. We will explore the things we can do in order to be ready to begin our **next steps in our education**, and how we can utilise the time we have to maximise our potential. Pupils will consider how their **online presence** and activity can help or hinder their future careers, and know how to seek further advice and support in their next stages of life.



Half term 6

