



Human Dignity - PD

We are all unique and should treat everyone with love and respect because we are made in the image of God.

Mental & Emotional Wellbeing

Using accurate and sensitive vocabulary to talk about emotions.
Understanding happiness, loneliness and connection.
Characteristics of anxiety, depression and serious mental ill health.
Evaluating which activities improve wellbeing.
Overcoming anxiety and barriers to participation using coping strategies.
The mental health harms linked to gambling.

Physical Health & Healthy Lifestyle

Benefits of physical activity for wellbeing and stress reduction.
Importance of sleep (including screen-free time before bed).
Healthy lifestyle and maintaining a healthy weight.
Links between inactivity and cardiovascular ill-health.
Healthy eating and risks of poor diet (tooth decay, obesity, cancer, type 2 diabetes, cardiovascular disease).
Impacts of alcohol on diet and weight gain.
Science of blood, organ and stem cell donation.

Drugs, Alcohol, Tobacco & Vaping

Facts about illegal drugs and risks (including synthetic drugs and illicit vapes).
Law on possession and supply.
Alcohol risks, dependency and low-risk adult guidelines.
Dangers of misusing prescription medicines.
Harms of smoking (lung cancer, cardiovascular disease), benefits of quitting.
Facts about vaping and risks to young people.

Developing Bodies & Reproductive Health

Puberty and adolescent brain development.
Menstrual and gynaecological health (PMS, heavy bleeding, endometriosis, PCOS).
Fertility and menopause.
Impact of lifestyle on fertility.
Healthy behaviours before and during pregnancy (including folic acid and pelvic floor health).

Miscarriage and pregnancy loss support.

Common Good



Doing what is good for everybody, not just ourselves.
We need to think of everyone, and work towards what's best for everyone.

Community Wellbeing

Benefits of physical activity, time outdoors, volunteering and acts of kindness.
Understanding that happiness is linked to connection.
Community participation and service.

Online Wellbeing & Responsible Digital Citizenship

Benefits of limiting screen time.
Risks of excessive device use.
Online comparison and unrealistic body image.
Curated online identities and over-reliance on online relationships.
Identifying bullying, abuse or harassment online.
Reporting harmful content.
Risks of online gambling and gambling-like gaming.
Understanding targeted advertising, misinformation, disinformation and conspiracy theories.
Risks of illegal behaviours online (drug or knife supply).
Risks of viewing content promoting self-harm, suicide or violence.

Health Protection & Prevention

Hygiene, bacteria and viruses, infection prevention and antibiotics.
Dental health and oral hygiene.
Vaccination, immunisation and antimicrobial resistance.
Importance of screening and self-examination.
Understanding serious health conditions factually and responsibly.



Solidarity

We are all part of one family, by promoting peace and justice, we can bring the community together and live in unity.



Seeking and Offering Support

Understanding trusted adults for concerns about violence or knife crime.
Recognising signs of grooming or exploitation and how to seek help.
Accessing support after exposure to harmful online content.
Supporting peers experiencing poor mental health.

Healthcare Navigation

Role of a GP, A&E, minor injuries units.
Role of pharmacists.
Accessing sexual health and family planning clinics.
Local third-sector specialist services.
When to self-care for minor ailments.

First Aid & Life-Saving Skills

Basic first aid for common injuries.
CPR.
Use and purpose of defibrillators.

Subsidiarity



Decisions are made at the most appropriate level so that all those affected can contribute and have a voice.

Personal Responsibility for Health

✓ Taking responsibility for personal health.
Importance of sleep routines.
Making informed lifestyle choices.
Critically evaluating activities for wellbeing.

Law & Decision-Making

Legal age of alcohol sale in England.
Law on drugs and illegal substances.
Law relating to knives and violence.
Legal and safety consequences of online illegal activity.

Medical Consent & Autonomy

Gillick competence.
Legal age of medical consent (16).
Parental responsibility and capacity considerations.

Personal Safety & Risk Management

Road, rail (including level crossings) and water safety (Water Safety Code).
Managing peer influence and peer pressure.
Social and emotional skills for conflict prevention.
Responsible decision-making in unfamiliar environments.
Recognising and managing risk in increasingly independent situations.