

Year Group: KS4 (Year A)	Term: Summer 2
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PSHE: Changing Me

Key Concepts	SMSC & British Values	Lesson Objectives	Key Vocabulary
<p>Societal change and its impact on young people Emotional responses to change and strategies for management Media and social media influence on social attitudes and behaviours Decision-making and managing change within families Personal safety, risk identification, and independence Stereotypes, relationships, and legislation Physical and emotional changes, self-esteem, and sources of support Positive mental health and wellbeing</p> <p>Prior Knowledge</p> <p>Basic understanding of family, relationships, and personal safety from previous PSHE units Awareness of media and social media platforms Experience with change (school transitions, family changes) Introduction to stereotypes and diversity in earlier years Familiarity with Jigsaw Charter and class routines</p> <p>Cross-Curricular Links</p> <p>English: critical analysis of media, discussion and debate Science: physical changes in puberty, health and wellbeing ICT: safe use of social media, digital literacy Religious Education: respect for diversity, values and beliefs</p>	<p>Spiritual: self-reflection, managing emotions, coping with change Moral: understanding right and wrong, legal rights and responsibilities Social: respecting diversity, building positive relationships, community involvement Cultural: exploring stereotypes, appreciating different backgrounds British Values: democracy, rule of law, individual liberty, mutual respect, tolerance</p> <p>Assessment</p> <p>Formative: class discussions, surveys, worksheets, reflection journals Summative: end-of-unit assessment (responding to change handout, self-esteem strategies) Peer/self-assessment: Jigsaw Journals, reflection on learning objectives Knowledge checks: quizzes, scenario analysis, group presentations</p> <p>Adaptations</p> <p>Scaffolded worksheets and support materials Flexible grouping for discussion and activities Additional support for EAL/SEND students (visual aids, simplified language) Extension tasks for higher ability students (deeper analysis, independent research) Use of multimedia and real-life examples for accessibility</p>	<ol style="list-style-type: none"> 1. Identify societal changes that affect young people and discuss their emotional impact. 2. Analyse the role of media and social media in influencing social change and attitudes. 3. Recognise feelings associated with change, understand personal decision-making styles, and reflect on family changes. 4. Identify risks to personal safety, understand increasing independence, and evaluate strategies for managing safety. 5. Discuss stereotypes in relationships, understand relevant legislation, and explore emotions in romantic relationships. 6. Reflect on physical and emotional changes, summarise coping strategies, and identify sources of help and support. <p>Links to Future Learning</p> <ul style="list-style-type: none"> • Advanced study of citizenship (democracy, rights, responsibilities) • Further exploration of mental health and wellbeing in KS5 • Preparation for GCSE Citizenship Studies, Health and Social Care, Psychology • Deeper analysis of relationships, consent, and diversity in post-16 education • Careers guidance and transition planning 	<p>Societal change Emotional impact Media Social media Decision-making Independence Risk Personal safety Stereotype Legislation Relationship Self-esteem Puberty Mental wellbeing Support Reflection Safety Romance</p>

<p>Possible Enrichment:</p> <p>Guest speakers (community leaders, mental health professionals); Volunteering opportunities (community projects, peer mentoring); Media analysis workshops (critical thinking about social media); Participation in school wellbeing initiatives; Access to online resources and support services.</p>
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