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| **Sixth Form Unit 1** | **Road Map** | | | | | |
| In this unit you will investigate strategies to respect and understand yourself  **LG1**: Knowledge  **LG2**: Application  **LG3**: Skills | Assessment Grades |  |  | | | |
| Pre topic assessment | |  | | | |
| Post topic assessment | |  | | | |
| **Themes** | **Learning Goals/Outcomes/Content** | | | R | A | G |
| Maintaining positive emotional wellbeing throughout life | LG1: Describe how different life events and circumstances can affect our mental health and emotional wellbeing through adolescence and adulthood. Describe strategies to manage these.  LG2: Explain in detail why different life events and circumstances can affect our mental health and emotional wellbeing and explain how different strategies to manage these could work.  LG3: Explain in detail using new key terminology why different life events and circumstances can affect our mental health and emotional wellbeing through adolescence and adulthood and whether there any situations or actions we should avoid and why. | | |  |  |  |
| Positive and toxic masculinity:  What does it mean to be a good man? | LG1: Correctly identify the different interpretations of the term masculinity and how toxic masculinity can negatively affect males as well as others around them.  LG2: Describe in detail the qualities of both positive and toxic masculinity and how toxic masculinity can negatively affect males and others around them.  LG3: Explain how wider society forms our views of what are masculine and feminine. Explain how toxic masculinity can damage the emotional range and mental health of males. | | |  |  |  |
| How can we relax and de-stress in a healthy way? | LG1: Identify why many students struggle with relaxation and identify some healthy ways we can relax and de-stress.  LG2: Describe in detail numerous ways we can relax and destress in a healthy way. Describe how some activities prohibit relaxation.  LG3: Explain exactly how these healthy methods help our bodies and minds relax and how particular activities work to prohibit this. | | |  |  |  |

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