

Red Rose School

Personal Growth and Well Being B-Tec -Edexcel: Curriculum Outline



Book 1: Fitter Healthier Happier Physical Health & Wellbeing

- Physical health, nutrition and exercise
- Body shaming and body positivity
- The dangers of smoking, alcohol and drugs.



Book 5: This is Me! Personal Identity

- Influences and what makes us unique
- Self-esteem, attitudes, beliefs and values
- Empathy and respect for others.



Book 2: I've Got a Feeling... Emotional Wellbeing

- Mental health and wellbeing
- Self-care, mindfulness and support strategies
- The impact of social media.



Book 6: Our World, Our Future Environmental Awareness

- Climate change and pollution
- Local environmental issues and their impact
- Recycling and reducing waste.



Book 3: Skills for Social Success Social Health & Wellbeing

- Healthy and unhealthy relationships
- Peer pressure and bullying
- Harassment, discrimination and hate crime.



Book 7: Making Money Work for Me! Financial Awareness

- Savings, bills and budgets
- Payslips, deductions and tax
- Money safety, including investing and gambling.



Book 4: Let's Talk About... Sexual Health & Wellbeing

- Sexual health, consent and safety
- LGBT+ issues and violence against women
- Contraception, STIs and pregnancy.



Book 8: Future Roles and Setting Goals Personal Progress

- Progression plans and long-term goals
- Job applications, CVs and interviews
- Career advice and guidance.