

Looking After Ourselves-Key words

Puberty	The physical changes through which a child's body matures into an adult.
Adolescence	Following the onset of puberty during which a young person develops from a child into an adult.
Hormones	Essential for every activity of life, including the processes of digestion, metabolism, growth, reproduction, and mood control.
Mental Health	Our emotional, <i>psychological</i> , and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.
Emotional Health	A person's ability to accept and manage feelings through challenge and change.
Self Esteem	An individual's evaluation of their own worth, beliefs about oneself as well as emotional states, such as triumph, despair, pride, and shame.
Body confidence	How a person feels about the way they look. When we have body confidence we accept, and are happy with, how we look and what our bodies can do.
Healthy lifestyle	A state of complete physical, mental, and social well-being.
Peer pressure	Peer pressure is the direct influence on people by peers, or the effect on an individual who gets encouraged to follow their peers by changing their attitudes, values or behaviours to conform to those of the influencing group or individual. This can result in either a positive or negative effect, or both.

What Skills will I Develop in Heart for Life ?

Each lesson will have opportunities to develop your skills through a variety of learning activities, ranging from:

- Thinking skills
- Enquiry and evaluation skills
- Research skills
- Debate and communication skills
- Active learning.
- Reflective learning skills.
- Personalised learning skills.
- Revision and recall.



RSE and Health Education Link

This unit covers RSE topics; puberty, self esteem, peer pressure and online and media. All RSE is underpinned by Madani's ethos and Islamic teachings. We will also cover what is a healthy lifestyle and how to achieve it.

Overview

Students will explore the different stages of puberty and changes during adolescence. They will consider how puberty impacts their emotional and mental health, how they can cope with hormonal changes and maintain a healthy lifestyle throughout their adolescence. Students will also look at strategies to maintain positive self esteem and body confidence through puberty and hormonal changes.

Key Concepts

Relationships, Living in the Wider World and Health and Wellbeing.

Essential Attributes Developed Through Heart for Life

- Self -Improvement
- Resilience
- Self-organisation
- Clarifying own values
- Developing and maintaining a healthy self concept
- Empathy and compassion
- Respect for others
- Skills for employability
- enterprise skills