



PSHE

Short Course student book

Name:

Centre:

Tutor:

Sample

# PSHE Short Course student book

## Contents

Introduction	2	
How does a Short Course work?	3	
Record of progress	5	
What do I need to do?	6	
Developing your skills	7	
<b>Module 1</b>	<b>Emotional wellbeing</b>	<b>9</b>
<b>Module 2</b>	<b>Keeping safe and healthy</b>	<b>15</b>
<b>Module 3</b>	<b>Social media</b>	<b>23</b>
<b>Module 4</b>	<b>Alcohol</b>	<b>29</b>
<b>Module 5</b>	<b>Tobacco and drugs</b>	<b>35</b>
<b>Module 6</b>	<b>Sexual health</b>	<b>41</b>
<b>Module 7</b>	<b>Respectful relationships</b>	<b>47</b>
<b>Module 8</b>	<b>Families and parenting</b>	<b>53</b>
<b>Module 9</b>	<b>Financial choices</b>	<b>61</b>
<b>Module 10</b>	<b>Careers and your future</b>	<b>67</b>
<b>Module 11</b>	<b>Living in modern Britain</b>	<b>73</b>

Sample

# Introduction

## Welcome to the PSHE Short Course

This Short Course accredits up to 60 hours of your personal, social, health and economic (PSHE) education activities. It provides opportunities for you to develop PSHE knowledge and skills and use them effectively.

We hope you enjoy choosing and completing the challenges and, as a result, become more confident in your knowledge of PSHE topics and issues.

### Course aims

The PSHE Short Course will enable you to:

- make healthy and safe lifestyle choices
- gain an understanding of how to stay physically and emotionally healthy
- make informed decisions about your future and your finances
- appreciate that relationships take many forms
- build strong, appropriate and respectful relationships



### Healthy living, mental health and wellbeing

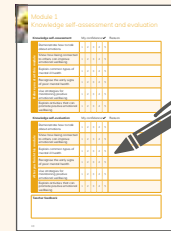
PSHE activities promote a healthier lifestyle and can have a positive impact on your mental health and wellbeing.

# What do I need to do?

## 1 Complete the knowledge self-assessment and evaluation grids at the start of each module

Before you start each module, complete the self-assessment.

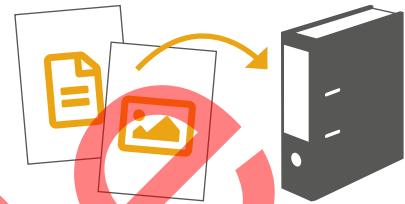
After you have finished the module, complete the self-evaluation and ask your tutor to provide feedback.



A grid for self-assessment and evaluation for Module 1. It includes sections for 'Self-assessment' and 'Self-evaluation' with various criteria and a 'Feedback' section.

## 2 Carry out your chosen challenge, collecting evidence as you do it

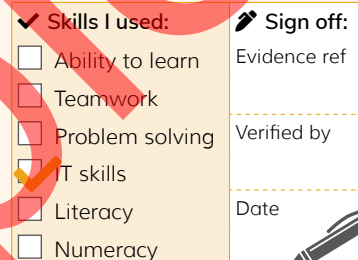
File your evidence in your portfolio; see page 4 for more information about what can be used as evidence.



## 3 Complete the boxes next to the challenge

The skills tick boxes show the skills you have used during the challenge; see page 7 for more information about these skills.

The sign off boxes show where your evidence can be found, who has verified this and the date.

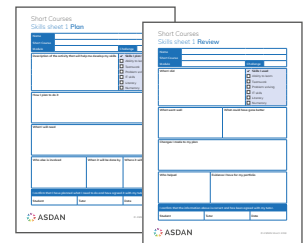


Skills used and Sign off boxes. The Skills used section includes: Ability to learn, Teamwork, Problem solving, IT skills, Literacy, and Numeracy. The Sign off section includes: Evidence ref, Verified by, and Date.

## 4 Complete the relevant skills sheet if the challenge is being used for a skills sheet

See page 3 for information about skills sheets.

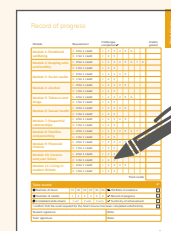
**i** Your tutor will provide you with these documents.



Two skills sheet documents: 'Short Course Skills sheet - Plan' and 'Short Course Skills sheet - Review'.

## 5 Fill in your completed challenge on the record of progress

Use the record of progress (page 5) to keep a careful record of the challenges you have completed and the credits you have gained.

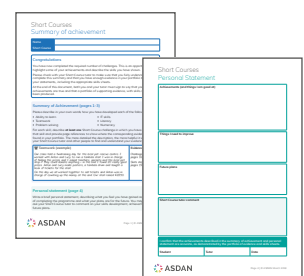


A grid for recording progress, showing columns for 'Date', 'Challenge', and 'Credits'.

## 6 Complete your summary of achievement and personal statement

At the end of your Short Course, use these documents to review your experience; see page 4 for more information about these documents.

**i** Your tutor will provide you with these documents.



Two documents: 'Short Course Summary of achievement' and 'Short Course Personal Statement'.

At the end of your Short Course, your tutor will check your work and complete the tutor record on page 5. If you have met the requirements, your tutor will request your certificate from ASDAN.

# Developing your skills

## Core skills

PSHE activities provide an excellent opportunity to develop the following core skills:

### Ability to learn

This skill is about how you manage your personal learning and development. It is about planning and working towards targets to improve your performance and reviewing your progress.

### Teamwork

This skill is about how you work with others when planning and carrying out activities to get things done and achieving shared objectives. This will involve working with a group of people.

### Problem solving

This skill is about recognising problems and doing something about them. It is about using different methods to find a solution and checking to see if they work.

### IT skills

This skill is about being able to make the best use of computers and other items such as printers, scanners and digital cameras. Being familiar with how to use this equipment is vitally important in the workplace and at home.

### Literacy

This skill is not only about how you talk to people but also about the ways you find out information and let other people know about your views and opinions. It also includes all aspects of writing and reading.

### Numeracy

This skill is about your ability to use numbers. If, for example, you've measured or calculated something you will have used numeracy skills. Being able to use numbers is a skill highly valued by employers.

## ✓ Recording core skills development

Next to each challenge is a set of tick boxes where you can record the skills you have used and developed during the activity.

## PSHE skills

In addition to the six core skills above, the challenges in the PSHE Short Course will enable you to develop the following personal, social, health and economic skills:

- Personal wellbeing
- Living independently
- Personal safety
- Health and relationships
- Economic wellbeing
- Living in modern Britain
- Making financial choices
- Recognising effects of social media

The PSHE skills that you will develop are listed alongside each challenge, for example:

**PSHE skills:** Personal wellbeing | Living independently | Personal safety



# Module 1

## Knowledge self-assessment and evaluation

Knowledge self-assessment		My confidence ✓					Reason
Before you start this module	Demonstrate how to talk about emotions	1	2	3	4	5	
	Show how being connected to others can improve emotional wellbeing	1	2	3	4	5	
	Explain common types of mental ill health	1	2	3	4	5	
	Recognise the early signs of poor mental health	1	2	3	4	5	
	Use strategies for maintaining positive emotional wellbeing	1	2	3	4	5	
	Explain activities that can promote positive emotional wellbeing	1	2	3	4	5	

Knowledge self-evaluation		My confidence ✓					Reason
After you finish this module	Demonstrate how to talk about emotions	1	2	3	4	5	
	Show how being connected to others can improve emotional wellbeing	1	2	3	4	5	
	Explain common types of mental ill health	1	2	3	4	5	
	Recognise the early signs of poor mental health	1	2	3	4	5	
	Use strategies for maintaining positive emotional wellbeing	1	2	3	4	5	
	Explain activities that can promote positive emotional wellbeing	1	2	3	4	5	

**Teacher feedback**

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# Module 1

## Emotional wellbeing

### Section A: Complete FOUR challenges over 10 hours for 1 credit

#### 1 Outcome: Demonstrate how to talk about emotions

Talking about how we feel can make a big difference to our emotional wellbeing, particularly if we are experiencing negative emotions. It also helps our relationships with other people if we can explain how and why we feel particular emotions.

- Create a vocabulary list to describe how you feel when experiencing common emotions (eg anger, happiness, sadness).
- Create a presentation that shows how someone might feel when experiencing common emotions.

Teacher feedback:

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<b>✓ Skills I used:</b> <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	<b>✍ Sign off:</b> Evidence ref <hr/> Verified by <hr/> Date
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**PSHE skills:**  
 Personal wellbeing | Living independently

#### 2 Outcome: Show how being connected to others can improve emotional wellbeing

Emotional wellbeing is about feeling positive about *who* we are, as well as being able to remain resilient when things don't go well. Connecting with other people has been shown to have a positive impact on mental health.

- Make a poster illustrating what emotional wellbeing is and how connecting with others can help improve it.
- Make a poster that illustrates what emotional wellbeing is and a variety of activities that can have a positive impact.

Teacher feedback:

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<b>✓ Skills I used:</b> <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	<b>✍ Sign off:</b> Evidence ref <hr/> Verified by <hr/> Date
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**PSHE skills:**  
 Personal wellbeing | Living independently





# Module 3

## Social media

The aim of this module is to develop your understanding of the impact of social media on our lives. It provides opportunities to explore our relationship with social media and identify sources of support.



### 3 Outcome: Understand the benefits of quitting smoking and how to access support to do so

Aside from the physical harms of smoking tobacco, it is also expensive. Different types of support are readily available to help smokers quit.

- Find out the cost of a packet of cigarettes and the number of cigarettes an average smoker consumes per day. Work out the cost per day and how much money the average smoker could save per month and per year if they were to quit. Present your findings as a poster.
- Research the support that is available in the UK to support smokers to quit smoking. Present your findings as a poster.

Teacher feedback:

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<input checked="" type="checkbox"/> Skills I used: <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	<input checked="" type="checkbox"/> Sign off: Evidence ref <hr/> Verified by <hr/> Date
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#### PSHE skills:

Personal wellbeing | Living independently | Personal safety

### 4 Outcome: Understand the effects of nicotine consumption and its associated risks

Nicotine has traditionally been consumed through smoking and the harmful effects of smoking are well known, but there are alternative ways of consuming nicotine. Vaping is becoming a popular alternative to smoking; it is important that we understand what it is and how it affects us.

- Research the arguments for vaping instead of smoking and produce **three** lists: top 5 reasons not to smoke; top 5 reasons why vaping is better for you than smoking; top 5 reasons not to vape
- Produce a piece of writing that discusses why vaping is being promoted as an alternative to smoking and highlights the dangers of vaping.

Teacher feedback:

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<input checked="" type="checkbox"/> Skills I used: <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	<input checked="" type="checkbox"/> Sign off: Evidence ref <hr/> Verified by <hr/> Date
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#### PSHE skills:

Personal wellbeing | Living independently | Personal safety



# Module 6

## Sexual health

### Section B: Complete ONE challenge over 10 hours for 1 credit

1 Olivia is 16 and is just starting her first sexual relationship with Tom; Tom is 18 and has had sex before with two other people.

Identify what Olivia and Tom need to think about before they have sex. Present your findings as a podcast.

**PSHE skills:** Living independently | Personal safety | Health and relationships

Teacher feedback:

<b>✓ Skills I used:</b> <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	<b>✍ Sign off:</b> Evidence ref
	Verified by
	Date

2 Investigate the legal consequences of not obtaining consent or failing to respect other people's right to not give or withdraw their consent. Present your findings as a report.

**PSHE skills:** Living independently | Personal safety | Health and relationships

Teacher feedback:

<b>✓ Skills I used:</b> <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	<b>✍ Sign off:</b> Evidence ref
	Verified by
	Date

3 Working in groups, create an awareness campaign about HIV/Aids. Present your campaign as a TV or radio advert with a supporting poster or flyer.

Present your campaign to an audience for feedback. You could screen your advert and collect donations for a charity.

**PSHE skills:** Living independently | Personal safety | Health and relationships

Teacher feedback:

<b>✓ Skills I used:</b> <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	<b>✍ Sign off:</b> Evidence ref
	Verified by
	Date



# Module 7

## Respectful relationships

### Section B: Complete ONE challenge over 10 hours for 1 credit

1 Plan and hold an event to bring different parts of your community together. This should include different ages, genders, faiths and ethnicities.

**PSHE skills:** Personal wellbeing | Health and relationships | Living in modern Britain

Teacher feedback:

<b>✓ Skills I used:</b> <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	<b>✍ Sign off:</b>
	Evidence ref
	Verified by
	Date

2 Create a guide for young people to provide relationship advice and where to seek help if needed. This guide should include different sorts of relationships (eg intimate, parenting, friendship, professional).

**PSHE skills:** Personal wellbeing | Personal safety | Health and relationships

Teacher feedback:

<b>✓ Skills I used:</b> <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	<b>✍ Sign off:</b>
	Evidence ref
	Verified by
	Date

3 In a group, create a dramatic performance that highlights the nature of unhealthy relationships and how they can turn abusive. Include different sorts of relationships (eg intimate, parenting, friendship, professional).

**PSHE skills:** Personal wellbeing | Personal safety | Health and relationships

Teacher feedback:

<b>✓ Skills I used:</b> <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	<b>✍ Sign off:</b>
	Evidence ref
	Verified by
	Date

Sample



PSHAWB/1

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