

# BTEC in Personal Growth and Wellbeing



### What is the PGW?

The Sweet PGW resource and qualification is everything students need to know about the world around them. It creates engaging conversations about big issues, develops life skills and promotes progression to further study and future employment.



#### **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 Wellbeina

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

#### **Book 3: Skills for Social Success** Social Health & Wellbeing

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



#### **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 6: Our World, Our Future Environmental Awareness

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



#### Book 7: Making Money Work for Me! Financial Awareness

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

Book 8: Future Roles and Setting Goals Personal Progression

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

# **Created by teachers, for teachers**

The Sweet team have a wealth of experience as teachers, tutors, and department heads. We have a genuine understanding of teachers' needs and have designed the PGW resource to save you time and effort - **no planning or preparation required.** 

### How can I deliver the PGW?

The PGW qualification is flexible and can be delivered through PSHE lessons, core subjects or option choices. Students can complete the qualification in workbooks or on our online platform, e-Sweet. Perfect for all students aged 13-16, in all types of educational provision.



# **Qualification options**

Up to the equivalent of two GCSEs at grade 6.

Resource	Qualification	Units to complete	GCSE equivalency	Qualification code
Level 2	L2: Extended Certificate	8 units (192 GLH)	2 GCSEs 9-4	603/6005/7
	L2: Certificate	5 units (120 GLH)	1 GCSE 9-4	603/6004/5
	L2: Award	2 units (48 GLH)	0.5 GCSE 9-4	603/6003/3
	L2: Subsidiary Award	1 unit (24 GLH)	0.25 GCSE 9-4	603/6002/1
Level 1	L1: Extended Certificate	7 units (210 GLH)	2 GCSEs 3-1	603/6127/X
	L1: Certificate	4 units (120 GLH)	1 GCSE 3-1	603/6126/8
	L1: Award	2 units (60 GLH)	0.5 GCSE 3-1	603/6125/6
	L1: Subsidiary Award	1 unit (30 GLH)	0.25 GCSE 3-1	603/6124/4

# The Sweet impact

100% learner pass rate
Over 20,000 Sweet learners
250 centres in England and Wales
Centres include schools, colleges, PRUs and youth services.

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