



## BTEC in Personal Growth and Wellbeing

# Parent & Carer Guide



**edexcel**   
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# Hi there, we're Sweet!

We design innovative and engaging resources for secondary school students across the UK.

If you're reading this, it probably means that your child is using our Personal Growth and Wellbeing (PGW) resource, and working towards a BTEC Level 1 or 2 qualification in Personal Growth and Wellbeing.



This guide has been created to support you in your understanding of the PGW resource, and help you to feel more confident in knowing what your child is learning about.

The next few pages will walk you through the content of the PGW resource, detail the key topics that your child will learn about, and offer further support and guidance for you as parents and carers.

## So what is the PGW resource and why is my child completing the PGW qualification?

The PGW resource is a set of eight units, with each unit focusing on an essential area of learning for young people. The units create engaging conversations about big issues, develop life skills and promote progression to further study and future employment.

The eight units are designed to be delivered over a series of lessons, and once completed, give your child a BTEC qualification in Personal Growth and Wellbeing. By using the PGW resource and completing the qualification, your child will learn valuable life skills and gain hugely positive experiences. They will also be able to lead happier, healthier, and more successful lives.

This guide contains a section on each of the eight units in the PGW resource. Please look through the following pages to find out more about each unit and the themes, questions and activities that your child will be completing!



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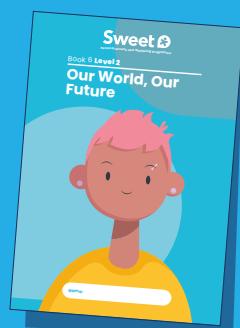
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# Book 1

# Fitter, Healthier, Happier

## Physical Health and Wellbeing

## Introduction

Maintaining a healthy lifestyle is extremely important and can have a positive effect on your child's overall wellbeing. It can make them feel good, improve their social relationships and promote their emotional wellbeing. It can also protect them from long-term illness and disease.

However, people may not lead a healthy lifestyle due to a lack of understanding of its importance. In this unit, your child will find out what is meant by the term 'healthy lifestyle', the benefits of leading a healthy lifestyle and the risks of not following a healthy lifestyle. They will also review their own lifestyle and consider how healthy they really are.

### Key terminology that your child will use throughout this unit:



Your child will explore several key themes and topics throughout this unit. Some of the main activities and discussion points that they will take part in are as follows:

1. Investigating the negative impacts of smoking, drinking alcohol and taking drugs.
2. Researching guidelines on food and nutrition, and considering the impact that metabolism, age and fitness levels can have on an individual.
3. Creating a meal plan to encourage healthy eating, based on research and guidelines, and an action plan with measurable goals to encourage positive change and improve habits and lifestyle choices.
4. Considering the impact of social media on our own physical and mental wellbeing, including disordered eating, body positivity and diet culture.
5. Learning about medical information, including activities on first aid, resuscitation, the recovery position, blood and organ donation, infection control, and minor/major injuries.



**Click on the hyperlinks below to access further information and support on these themes:**

[\*\*How to keep your child smoke-free\*\*](#)

[\*\*The dangers of alcohol \(Drink Aware\)\*\*](#)

[\*\*Information about drugs \(TalktoFrank\)\*\*](#)

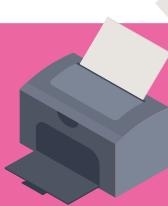
[\*\*NHS healthy eating and nutrition\*\*](#)

[\*\*First aid advice and guidance\*\*](#)

[\*\*The best food for your child's brain, mind and mood \(BBC\)\*\*](#)

[\*\*Documentaries to inspire a healthy lifestyle\*\*](#)

[\*\*Why teenage sleep is so important for mental health\*\*](#)



**You can also check out our FREE worksheets to support your child's learning at home.**

**Find them here:** [www.sweet.education/worksheets](http://www.sweet.education/worksheets)

## **So, how do I talk to my child about the importance of physical health and wellbeing?**

1. Help your child to find a physical activity they really enjoy, why not give it a go together to show your support?
2. Remind your child that everyone's body is unique, and we all have different needs.
3. Encourage healthy eating in your own home, and try cooking some new, healthy recipes with your child.
4. Support your child's meal plan and action plan by helping them stay motivated.
5. Be open and honest, and keep it positive!



**Make sure you follow us on Twitter for more stats, facts and information about physical health and wellbeing!**

**You can also tweet us to let us know how your child gets on with their action plan and goals. We'd love to hear from you!**

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## Book 2

# I've Got a Feeling

## Emotional Wellbeing

### Introduction

In this unit, your child will look at ways to support the mental health and emotional wellbeing of themselves and others. They will reflect on the things that can affect mental health (such as social media) and consider how they may respond to situations in order to maintain healthy emotional wellbeing.

**Key terminology that your child will use throughout this unit:**



**Your child will explore several key themes and topics throughout this unit. Some of the main activities and discussion points that they will take part in are as follows:**

1. Researching different mental health conditions and understanding what they look like, why they occur and how to deal with them.
2. Accessing support for mental health issues from doctors, charities and other organisations.
3. Learning about self-care activities, mindfulness techniques and coping strategies, and understanding how these can improve mental health and emotional wellbeing.
4. Understanding the consequences and effects that positive and negative behaviours can have on ourselves and others.
5. Looking at how social media and the internet can have an impact on mental health and emotional wellbeing.



**Click on the hyperlinks below to access further information and support on these themes:**

[\*\*Supporting your child's mental health\*\*](#)

[\*\*Headspace – mindfulness tools\*\*](#)

[\*\*Parent helpline and webchat\*\*](#)

[\*\*Calm – relaxation and sleep tools\*\*](#)

[\*\*Is social media hurting your mental health?\*\*](#)

[\*\*NHS mental wellbeing audio guides\*\*](#)

[\*\*Safer Internet Centre\*\*](#)

[\*\*A mental health first aid kit for parents \(BBC\)\*\*](#)



**You can also check out our FREE worksheets to support your child's learning at home.**

**Find them here:** [www.sweet.education/worksheets](http://www.sweet.education/worksheets)

## **So, how do I talk to my child about the importance of mental health and wellbeing?**

1. Set aside time to talk to your child every day so that they feel heard and understood.
2. Remind your child that we all experience different emotions, and it is normal to feel sad, stressed or confused sometimes.
3. Talk to your child about the dangers of social media and comparing themselves to others.
4. Encourage open conversations about mental health and model positive behaviours.
5. Try some mindfulness techniques and stress-busting activities together!



**Make sure you follow us on Twitter for more stats, facts and information about mental health and wellbeing!**

**You can also tweet us to let us know how your child gets on with their mindfulness techniques. We'd love to hear from you!**

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## Book 3

# Skills for Social Success

## Social Health and Wellbeing

## Introduction

In this unit, your child will look at how friendships and wider social relationships are shaped. They will consider the social skills and behaviours needed to form successful relationships, and understand how to grow and maintain these relationships. Your child will also look at ways to avoid negative relationships and harmful behaviours, including peer pressure, bullying and discrimination.

### Key terminology that your child will use throughout this unit:



Your child will explore several key themes and topics throughout this unit. Some of the main activities and discussion points that they will take part in are as follows:

1. Evaluating their own relationships and looking at the various influences in their lives.
2. Learning how to build and maintain positive relationships, and considering which skills, qualities and behaviours they would expect in a relationship.
3. Understanding internet safety and thinking about how to stay safe online when talking to other people and sharing information.
4. Identifying harmful behaviours and learning how to say no to peer pressure, bullying, abuse, discrimination, harassment and victimisation.
5. Accessing further information and support for dealing with negative relationships, and creating their own poster or leaflet to warn about the dangers of harmful behaviours.



**Click on the hyperlinks below to access further information and support on these themes:**

[\*\*Gender Roles and Stereotypes\*\*](#)

[\*\*How to spot bullying and what to do about it \(BBC\)\*\*](#)

[\*\*Prejudice, stereotypes and discrimination\*\*](#)

[\*\*Problematic smartphone use and its effect on your child's mental health\*\*](#)

[\*\*Childline – saying NO to peer pressure\*\*](#)

[\*\*Managing your teen's emotional outbursts\*\*](#)

[\*\*How to keep your child safe online\*\*](#)

[\*\*Teaching kids not to bully\*\*](#)

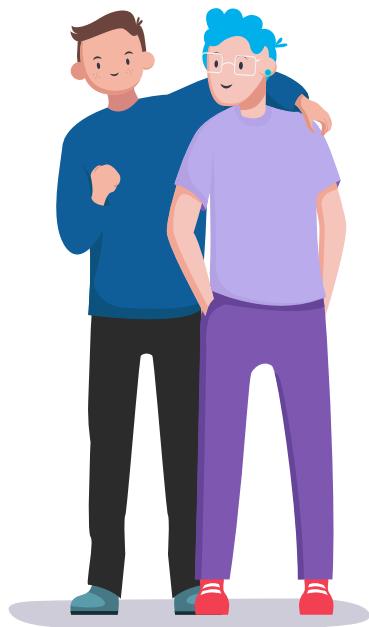


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**Find them here:** [www.sweet.education/worksheets](http://www.sweet.education/worksheets)

**So, how do I talk to my child about the importance of social health and wellbeing?**

1. Help your child to identify their strengths and understand what makes them a good person.
2. Model the skills, qualities and healthy behaviours that you would wish to see in your child – such as kindness, respect, honesty and positivity.
3. Talk to your child about the dangers of online relationships and look at ways of improving their online safety.
4. Encourage your child to stay away from negative influences, and help them to understand that it's ok to say 'no' to peer pressure, bullying and other harmful behaviours.
5. Be open and honest about your own relationships.



**Make sure you follow us on Twitter for more stats, facts and information about social health and wellbeing!**

**You can also tweet us to let us know how your child gets on with the activities in this unit. We'd love to hear from you!**

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# Book 4

# Let's Talk About...

## Sexual Health and Wellbeing

## Introduction

In this unit, your child will examine intimate relationships and the importance of personal social skills in maintaining intimate relationships. At some point, your child may be involved in an intimate relationship, and this unit will help them to understand what positive, intimate relationships look like.

Your child will also look at communication skills, ways to manage their sexual health, give consent, keep safe, act appropriately and access support from different services.

### Key terminology that your child will use throughout this unit:



**Your child will explore several key themes and topics throughout this unit. Some of the main activities and discussion points that they will take part in are as follows:**

- Identifying healthy and unhealthy behaviours in intimate relationships, and understanding how unhealthy behaviours can negatively affect relationships.
- Researching sex and the law, including consent, confidentiality, safeguarding, harassment, assault and abuse.
- Learning about the LGBT+ community and why it is important to celebrate Pride, raise awareness and show support for this community.
- Accessing sexual health services for support with infections, contraception, sanitary products and general check ups.
- Understanding sexual health problems such as STIs, endometriosis, pregnancy (and possible complications), fertility and hygiene.



**Click on the hyperlinks below to access further information and support on these themes:**

[\*\*NHS – sexual health\*\*](#)

[\*\*How to talk to your child about sexual harassment \(Action for Children\)\*\*](#)

[\*\*Consent is everything\*\*](#)

[\*\*Find your local sexual health clinic\*\*](#)

[\*\*WHO – violence against women\*\*](#)

[\*\*How to talk to your child about sex\*\*](#)

[\*\*Ofsted report on sexual harassment in schools\*\*](#)

[\*\*Communicating gender to children\*\*](#)



**You can also check out our FREE worksheets to support your child's learning at home.**

**Find them here:** [www.sweet.education/worksheets](http://www.sweet.education/worksheets)

## **So, how do I talk to my child about the importance of sexual health and wellbeing?**

1. When talking to your child, avoid language that may dismiss or normalise sexual harassment, e.g. that it's "part of growing up", "banter" or that "boys will be boys".
2. Push through the awkward conversations – if you show embarrassment or try to change the subject, your child is likely to think that sex is secretive, dangerous and shameful.
3. Don't be judgemental and don't invalidate your child's feelings – try to be open and accepting if they come and talk to you.
4. Keep your child safe by talking about consent, contraception, pregnancy and STIs – talk to your child about what to do in an emergency.
5. Empower your child and set positive expectations – let them know that they deserved to be loved and respected in all of their relationships.



**Make sure you follow us on Twitter for more stats, facts and information about sexual health and wellbeing!**

**You can also tweet us to let us know how your child gets on with the activities in this unit. We'd love to hear from you!**

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# Book 5

# This is Me!

## Personal Identity

## Introduction

As your child develops through their teenage years and into adulthood, it is important that they understand their personal identity. Recognising that everyone is different and accepting these differences plays an important part in society, and it supports personal growth and wellbeing.

In this unit, your child will review what makes them individual, the factors that influence their personal identity and how they can function well in society. Your child will also review their own personal identity and consider how they can positively contribute to society.

### Key terminology that your child will use throughout this unit:



**Your child will explore several key themes and topics throughout this unit. Some of the main activities and discussion points that they will take part in are as follows:**

- Identifying the factors that can influence someone's personal identity, such as family, background, lifestyle, education and media.
- Learning about diversity and differences in culture, religion and race.
- Exploring the negative impacts of harassment, prejudice and victimisation.
- Understanding the link between confidence, self-esteem and self-worth, and knowing how to develop these traits.
- Knowing how to act responsibly, be respectful, show empathy and make positive contributions to society as an upstanding citizen.



**Click on the hyperlinks below to access further information and support on these themes:**

[\*\*The importance of a child's social identity\*\*](#)

[\*\*Teaching your child empathy\*\*](#)

[\*\*Talking to your child about diversity and acceptance\*\*](#)

[\*\*Volunteering ideas for children\*\*](#)

[\*\*Developing your child's self-esteem\*\*](#)

[\*\*What your teenager needs\*\*](#)

[\*\*How to build your child's resilience\*\*](#)

[\*\*Important documentaries about race and culture\*\*](#)



**You can also check out our FREE worksheets to support your child's learning at home.**

**Find them here:** [www.sweet.education/worksheets](http://www.sweet.education/worksheets)

### **So, how do I talk to my child about the importance of personal identity?**

1. Embrace your child's mistakes and remind them that nobody is perfect – we are all on a journey and we are learning every day.
2. Encourage your child to explore different groups, clubs and extra-curricular activities, so they can find out what they really enjoy.
3. Practise what you preach – be a great example for your child and model the behaviour that you would like to see in them.
4. Do your own research on different cultures and religions – talk to your child about what these differences mean and why it is important to value diversity.
5. Be your child's biggest supporter – motivate and encourage them to help build their confidence and self-esteem!



**Make sure you follow us on Twitter for more stats, facts and information about personal identity!**

**You can also tweet us to let us know how your child gets on with the poster, leaflet, diary entry or presentation about their personal identity. We'd love to hear from you!**

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# Book 6

# Our World, Our Future

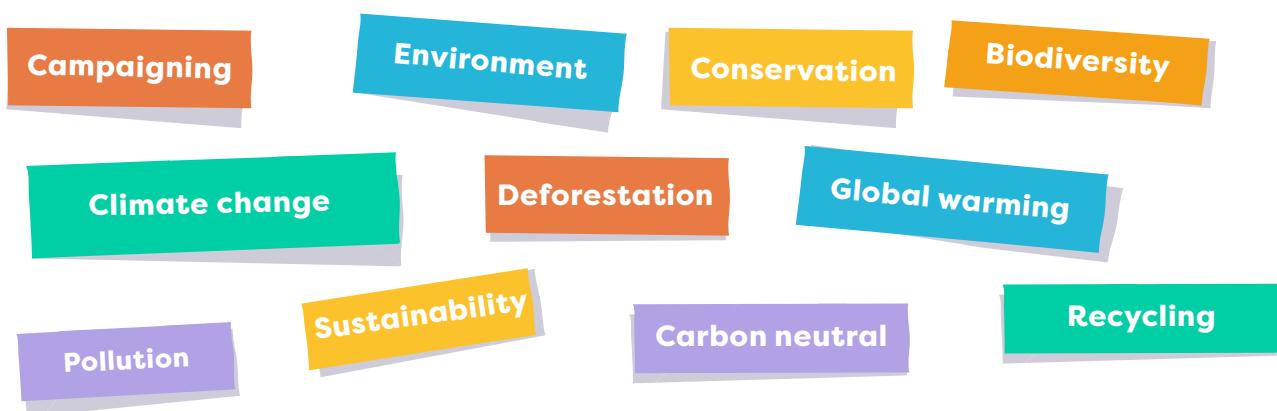
## Environmental Awareness

### Introduction

In this unit, your child will understand the main issues affecting the environment. They will learn why it is important to minimise these issues and why it is vital to protect the planet. Your child will also examine how they can personally contribute to protecting the environment, which in turn, supports their personal growth and wellbeing.

Towards the end of the unit, your child will work in a group to compile an environmental campaign that aims to raise awareness of environmental issues and encourage others to protect the environment as well.

#### **Key terminology that your child will use throughout this unit:**



**Your child will explore several key themes and topics throughout this unit. Some of the main activities and discussion points that they will take part in are as follows:**

1. Learning about different environmental issues and the impact that they have on our planet.
2. Exploring various ways to tackle environmental issues, and raising awareness of these solutions.
3. Assessing personal actions and lifestyle choices to determine environmental impact, and identifying ways to become more eco-friendly.
4. Researching different activist groups and their campaigns, and analysing how effective they are at combating environmental issues.
5. Working with a team to plan and action a campaign that aims to combat a serious environmental issue.



**Click on the hyperlinks below to access further information and support on these themes:**

[\*\*A guide to eco-friendly living\*\*](#)

[\*\*Must-watch environmental films and documentaries\*\*](#)

[\*\*Outdoor volunteering ideas\*\*](#)

[\*\*Local council recycling guidelines\*\*](#)

[\*\*Environmental activities for children\*\*](#)

[\*\*Nature and climate information from the National Trust\*\*](#)

[\*\*The biggest environmental problems of our lifetime\*\*](#)

[\*\*Talking to your child about climate change\*\*](#)



**You can also check out our FREE worksheets to support your child's learning at home.**

**Find them here:** [www.sweet.education/worksheets](http://www.sweet.education/worksheets)

### **So, how do I talk to my child about the importance of environmental awareness?**

1. Keep up to date with environmental news and discuss the topics in detail with your child.
2. Watch educational videos and documentaries with your child to demonstrate the real-life impact of environmental issues.
3. Encourage the mantra 'Reduce, Reuse, Recycle' – you could visit a second hand shop together or donate old toys to a good cause.
4. Implement eco-friendly solutions in your own household and encourage your child to join in – eat less meat, compost leftover food, save water, and turn off appliances.
5. Get involved in a local environmental group with your child – go litter picking, grow produce in a community garden, or plant some trees in your local area!



**Make sure you follow us on Twitter for more stats, facts and information about environmental awareness!**

**You can also tweet us to let us know how your child gets on with their environmental campaign. We'd love to hear from you!**

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## Book 7

# Making Money Work for Me!

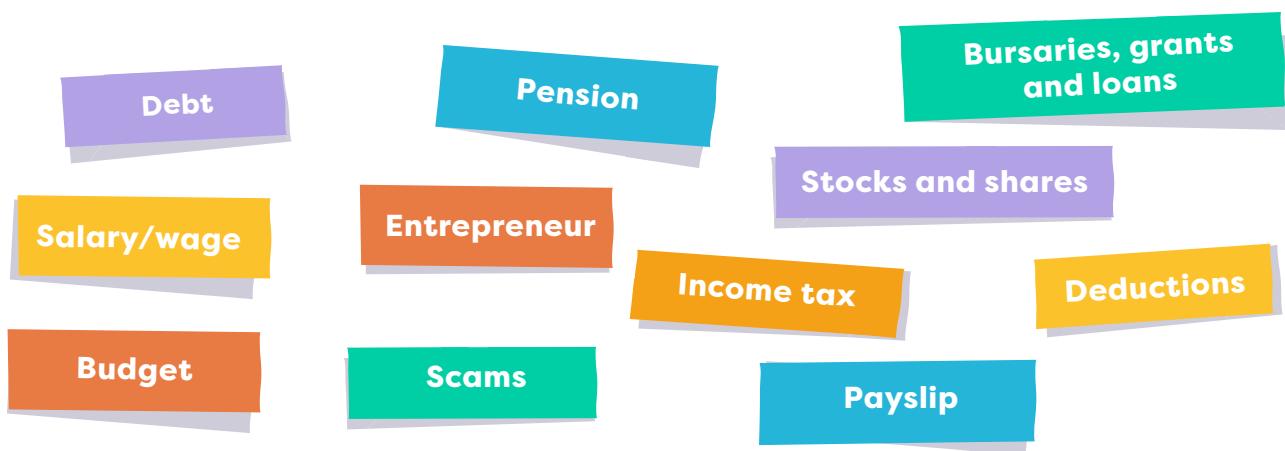
## Financial Awareness

### Introduction

In this unit, your child will learn about managing their money and earning money in different ways. They will explore the meaning of different financial terms in relation to money, such as salary, bonus, bursary, grant, pension and benefits.

Your child will also look at how to save money, pay bills, manage a budget, understand payslips and avoid money problems. Developing financial awareness will help with your child's personal growth and wellbeing.

### Key terminology that your child will use throughout this unit:



**Your child will explore several key themes and topics throughout this unit. Some of the main activities and discussion points that they will take part in are as follows:**

- Identifying different sources of income, including salaried jobs, stock and shares, seasonal work, benefits, and self-employment.
- Understanding workers' pay, including minimum wage, living wage, payslips, deductions from earnings, and terms of payment.
- Researching different financial problems, including debt, gambling, scams, payday loans, and negative spending habits.
- Creating a realistic budget that factors in essential and non-essential expenses.
- Planning finances for the future by researching potential jobs and salaries, and taking into account bills and other living costs.



**Click on the hyperlinks below to access further information and support on these themes:**

[\*\*Saving for your children\*\*](#)

[\*\*Free financial resources for kids\*\*](#)

[\*\*How to teach good money habits\*\*](#)

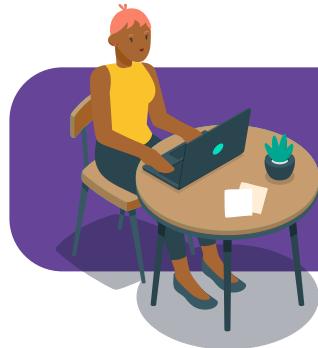
[\*\*Part-time jobs for teenagers\*\*](#)

[\*\*How to make a budget\*\*](#)

[\*\*Full list of financial support organisations\*\*](#)

[\*\*Money management apps for your child\*\*](#)

[\*\*How to stop your teenager wasting money\*\*](#)



**You can also check out our FREE worksheets to support your child's learning at home.**

**Find them here:** [www.sweet.education/worksheets](http://www.sweet.education/worksheets)

### **So, how do I talk to my child about the importance of financial awareness?**

1. Discuss wants vs. needs with your child and talk through some real-life examples with them.
2. Help them to set a savings goal and track their progress on a weekly basis – celebrate with them when they reach their goal.
3. If possible, take your child with you when you next go shopping – challenge them to find good deals and stick to a budget.
4. Provide a place for your child to keep and save their money – this could be in a piggy bank, in a savings account, or on a prepaid card.
5. Help your child to earn their own money! Encourage them to look for a part-time job, make and sell baked goods, do chores for neighbours or sell their unwanted items.



**Make sure you follow us on Twitter for more stats, facts and information about financial awareness!**

**You can also tweet us to let us know how your child gets on with their budget and future finance plan. We'd love to hear from you!**

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# Book 8

# Future Roles and Setting Goals

## Personal Progression

### Introduction

In this unit, your child will understand the importance of lifelong progression through learning and work. They will identify their abilities, skills, interests and attributes. They will also clarify ideas so that they can make choices about what they might like to do in the future. Your child will take guidance from others, and review available options to appreciate the impact that their choices will have on their personal progression.

Your child will develop knowledge and understanding of how they can shape their future by compiling a clear progression plan of what they would like to do. They will highlight the necessary steps to achieve this and they will work through this plan to meet their goals.

#### **Key terminology that your child will use throughout this unit:**



**Your child will explore several key themes and topics throughout this unit. Some of the main activities and discussion points that they will take part in are as follows:**

1. Learning about different motivators and influences, and understanding how these can help with setting goals and targets in the short, medium and long term.
2. Considering and planning for future responsibilities, obligations, aspirations and qualifications.
3. Researching suitable careers based on personal interests, qualities, values, skills and strengths.
4. Identifying areas for development and considering ways to learn new skills – such as work experience, apprenticeships, coaching and mentoring, interview practice, and job shadowing.
5. Creating a realistic personal progression plan with explicit steps, SMART goals and a SWOT analysis.



**Click on the hyperlinks below to access further information and support on these themes:**

[\*\*Career guidance for children\*\*](#)

[\*\*Find an extracurricular club near you\*\*](#)

[\*\*BBC Bitesize careers\*\*](#)

[\*\*How to find work experience\*\*](#)

[\*\*Support your child on their career journey\*\*](#)

[\*\*Helping your child to set goals\*\*](#)

[\*\*Helping your child to decide on a future career\*\*](#)

[\*\*Preparing for the future – free online course for teenagers\*\*](#)



**You can also check out our FREE worksheets to support your child's learning at home.**

**Find them here:** [www.sweet.education/worksheets](http://www.sweet.education/worksheets)

### **So, how do I talk to my child about the importance of personal progression?**

1. Talk to your child about your own job experiences – be honest about your mistakes and achievements.
2. Help your child to explore different interests and passions through extracurricular activities (sports clubs, music lessons, dance classes, STEM clubs, Scouts/Guides etc.).
3. Talk to your child about their aspirations, and support them in achieving their short, medium, and long-term goals.
4. Encourage your child to make progress towards their ideal career – help them to look for work experience, internships, or part-time jobs in their chosen field.
5. Speak to the experts – talk to your child's teacher or school career adviser about possible education, employment, and training opportunities.



**Make sure you follow us on Twitter for more stats, facts and information about personal progression!**

**You can also tweet us to let us know how your child gets on with their progression plan. We'd love to hear from you!**

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# Sweet



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