

Using this resource:

You do not need to print the whole workbook. You can read the information and complete the tasks on separate paper if you would prefer, rather than the worksheets included in this pack.

Read through all of the information and select tasks to complete. Try to challenge yourself and go for green where you can.

Year 11 CPR workbook

Pregnancy and parenting

New Statutory RSE and Health –



Name:

Class:

Teacher's Name:

Pregnancy and Parenting: –

What are the symptoms of pregnancy?

The end goal of protecting our reproductive health is to ensure that when we're ready, and if we wish to, we're able to conceive a child and start a family. Of course, not every pregnancy is planned, and no contraception is 100% effective. For this reason, it's important to be aware of pregnancy symptoms, as well as what to do should you become pregnant.



At the very early stages of pregnancy, many women have no symptoms at all. The first symptom is likely to be a missed period. After this, many women experience tender, swollen breasts, nausea, slight cramping, food cravings and aversions, and generally feeling moody and unwell. Most women choose to see a doctor as early as possible, as well as buying a test to confirm their pregnancy. A doctor can help you decide how you'd like to move forward, let you know what support is available to you, and will also be there to discuss abortion, should you feel unable to continue with the pregnancy.

Most pregnancies last around 40 weeks, with three distinct trimesters which are used to chart the progress and growth of the baby in the uterus. Pregnancy can be a wonderful but also a difficult time, with many women experiencing discomfort, aches and pains. For this reason, most women choose to avoid too much strenuous physical activity. Making the right lifestyle choices is also important for ensuring a healthy pregnancy, such as taking prenatal vitamins, eating the right foods, and taking regular, light exercise.

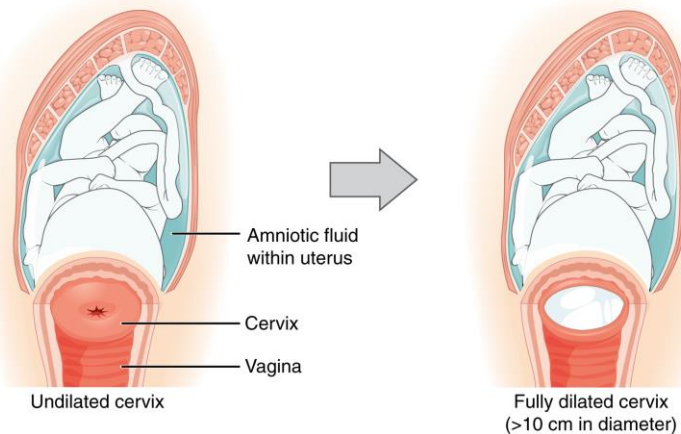
Pregnancy and Parenting: –

What are the stages and types of birth?

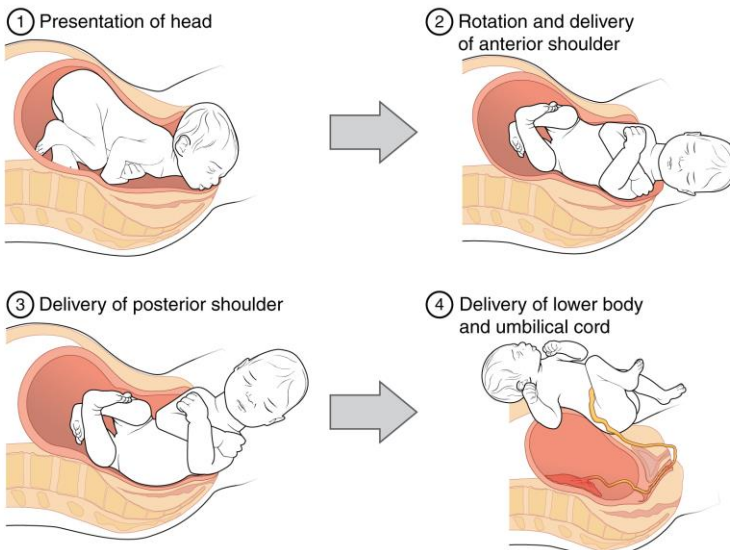
There are many different types of birth. When you are pregnant you arrange with your midwife which type you'd like to opt for - but even then the baby can take you by surprise.

The main two options are between a Caesarean and a vaginal delivery. A typical vaginal delivery is demonstrated below. In a Caesarean birth, a surgeon would make an incision across into the uterus, through the lower abdomen, and the baby is delivered (as is said colloquially), 'through the sunroof'.

Stage 1:
Dilation



Stage 2:
Birth



However, many who have planned a vaginal birth beforehand with their midwife, still end up having 'emergency Caesareans' due to complications that happen during birth. Birth is unpredictable. The best thing you can do if you are worried is talk to your midwife - but remember, hundreds of healthy babies are born, successfully, every minute.

Pregnancy and Parenting: –

How different families work:

What are the different parenting styles?

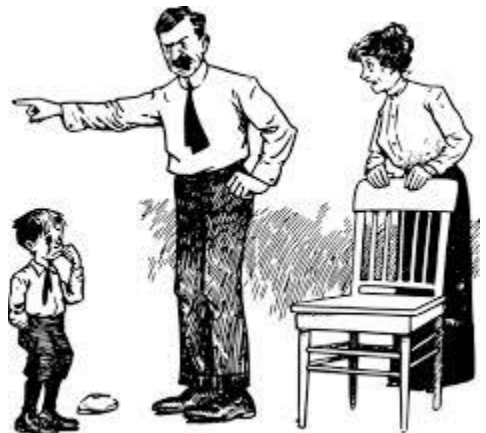
Parenting style can have a huge affect on a child's life, how he or she views themselves and the world around them. There are four main different styles: Authoritarian, Authoritative, Permissive and Uninvolved. We're going to take a look at these parenting styles and what they mean. From reading these different styles you may well get an idea of the kind of parent you're most likely to be, based on your own personality. You may also recognise your own parents or guardians' styles in here!

Authoritarian

Authoritarian parents believe that children should be seen and not heard, and give their children strict rules to follow. If they don't follow the rules set out for them, there may be harsh penalties. For instance, they may have to go to bed without dinner, or be grounded for a set amount of time.

Authoritarian parents generally do not take their child's feelings into consideration, and will not enter into conversation with their child in an attempt to explain rules or punishments. When a child questions a decision made by the parent, they will likely be told, 'because I said so!' and attempts to negotiate further will go unheard.

Instead of teaching children how to make better choices and leading by example, an authoritarian parent will use punishments to enforce their decisions. Research has shown that children who grow up with authoritarian parents are likely to face problems in later life. They are at higher risk of experiencing issues with self-esteem because they are used to not being listened to, and they may also easily become aggressive or hostile.



Pregnancy and Parenting: –

Permissive

Permissive parents take a more laid back approach, or will attempt to discipline their children, but do so inconsistently. They may set clear rules but fail to enforce them or follow through with any consequences, and think that their children are best left to learn and develop with minimal interference from adults. Permissive parents will almost always be lenient, and only step in when a serious behavioural problem or safety risk presents itself. They may adopt the attitude of 'kids will be kids', and may easily give out privileges if a child promises to be good or to complete a task at a later date. They often take on more of a friend role than a parent role, hoping this may improve their relationship with their child. These parents usually don't invest too much time and effort into encouraging good behaviour or discouraging bad.

Children of permissive parents can grow up to develop problems later in life. They are more likely to struggle academically, and may develop behavioural problems due to a lack of respect and familiarity with authority and rules. They may feel sad a lot of the time, and suffer from low self-esteem. They are also at a higher risk of obesity-related health problems because permissive parents will struggle to limit their intake of junk food.



Pregnancy and Parenting: –

Authoritative

Authoritative parents tend to put a lot of effort into developing and maintaining a positive relationship with their child. They may have clear and definite rules, but they put a lot of effort into explaining these rules in a way that the child will understand. When the child breaks the rules, the authoritative parent will follow through with consequences, but also take their child's feelings into consideration. A child of authoritative parents will likely feel that their opinions are validated, but know that clear rules exist and that adults are in charge.

These parents will put their energy into preventing behavioural problems before they start, by using positive discipline systems to reward good behaviour. This makes the child want to behave better because of the incentive to do so, rather than due to the fear of punishment. Research has shown that children of authoritative parents are most likely to become responsible adults who aren't afraid of expressing their own opinions and get along well with others in all social settings. They're also likely to be good at making the right decisions and evaluating safety risks independently.



Pregnancy and Parenting: –

Uninvolved

Uninvolved parents do not take an active role in their children's lives. They do not ask their child how their day was, about school or homework, and may not even know what their child is doing and who they are with. They also don't spend much time with their child, or make much effort to get to know them as a person. Permissive parents tend to set few rules and offer little guidance or parental attention. They may expect the child to raise themselves, and do not put much time or energy into meeting their child's basic needs. Uninvolved parenting may be a consequence of a physical or mental health problem, or as a result of alcohol or drug dependency.

These parents tend to know very little about child development, and can often find themselves overwhelmed by other problems such as paying bills and making ends meet. These children tend to go on to suffer serious issues later in life, exhibiting behavioral problems and suffering from sadness and low self-esteem. They are also likely to perform poorly in school, making it difficult for them to succeed in life as an adult.



If you, or someone you know, are affected by any of the issues raised today, you can contact the following organisations for further help and guidance:

<https://www.childline.org.uk/>

<https://www.mind.org.uk>

<https://www.brook.org.uk/>

<https://www.nhs.uk/conditions/pregnancy-and-baby/teenager-pregnant/>

Literacy through PSHE

Using the information you have just read through, choose a set of challenge questions to answer.

You can answer these in the space provided on the next two pages.

Challenge

1. Name ONE feature of the authoritarian parenting style.
2. Which parenting styles can result in the child growing up to have problems with self-esteem?
3. Which parenting style may be a result of a physical or mental health problem?
4. Name ONE adjective to describe each parenting style.

More Challenging

1. Which parenting style seems the worst to you and why?
2. Why do you think that children of permissive parents can suffer from low self-esteem in later life?
3. What do you think are the factors that influence a person's style of parenting?
4. Name THREE adjective to describe each parenting style.



PSHE 2020

A large, rounded rectangular area with a blue border, containing 20 horizontal dotted lines for writing.



PSHE 2020

A large, rounded rectangular area with a blue border, containing 25 horizontal dotted lines for writing.

A picture paints a thousand words

Draw freeze-frames showing how you might expect a parent to act if they are following one of the parenting styles studied. You choose which one.



Then answer the questions below on the next page:

Challenge: Label what is happening in one of the images. What have you labelled?

How do you know this would happen using this parenting style?

What might the consequence be of what you have drawn?

More challenging: Explain whether you think this is a good parenting style and if you would use it yourself. Ensure you detail why or why not.

Compare the style with one other. How does it differ and which is better all-round in your opinion? Why?

Mega challenging: Explain what you think the consequences might be on the long term health and attitudes of children raised in each of the four parenting styles. Ensure you explain why.



PSHE 2020

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Organisation:

Logo:

Essential info and summary:

Top Tips:

Red flags:

If we're worried we should...

Image to sum up what we need to know (make sure you label what's happening).

If you have access to the internet, research extra advice from one a pregnancy help-site and create a new app design for them. No internet? Create your own app for a brand new pregnancy help-site.

Pick two key themes from today and complete the tasks below:

Analyse why it's so important we learn about this and the possible consequences of if we didn't::

Explain what people can do if they find themselves in this situation, or, how others can help or find help:

Describe this to someone who has never heard of it:

Key theme:

Analyse why it's so important we learn about this and the possible consequences of if we didn't::

Explain what people can do if they find themselves in this situation, or, how others can help or find help:

Describe this to someone who has never heard of it:

Key theme:

Where do today's topics fit in with our wider PSHE learning over this year?

How will our new knowledge help us when we are living in the wider world and as we look after the health and wellbeing of ourselves and those around us for example?



RSE - Relationships and Sex Education:

Living in the Wider World

Health and Wellbeing:

Write new term here:

1 10

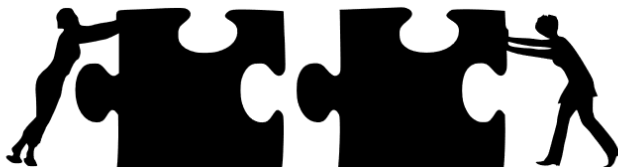
1 10

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Three new concepts I understand :

- _____

- _____

- _____

Three concepts I don't quite understand yet :

- _____

- _____

- _____

New concepts, key terms and ideas I'd like to learn about more:

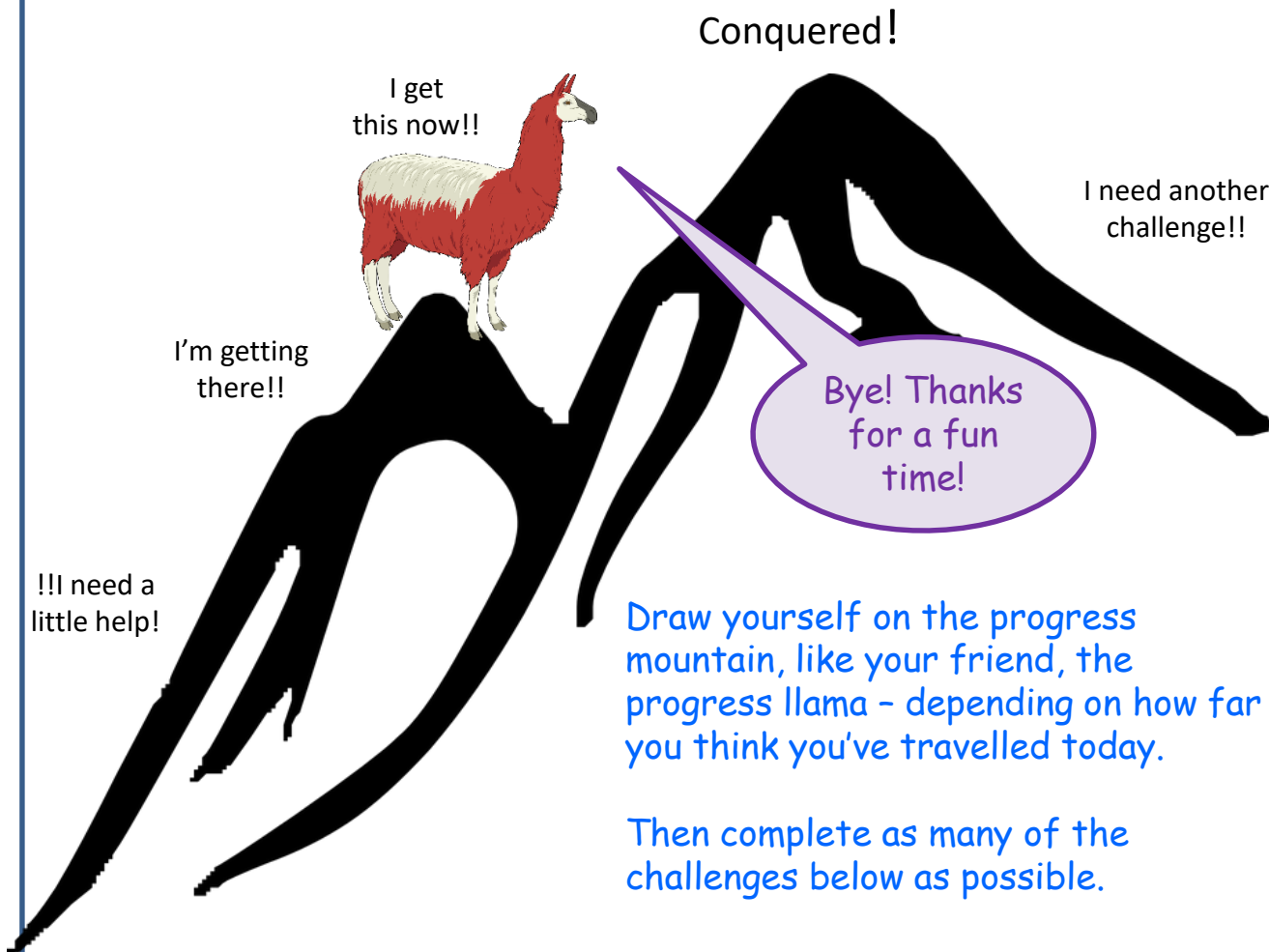
Write the new terms from today the bar and shade them in depending on how interested you are in finding out more.

Conceptual thinking plenary



Which picture best describes your learning today? Why? If none of them quite match, create a new image in the blank square.

Climbing the mountain



Draw yourself on the progress mountain, like your friend, the progress llama - depending on how far you think you've travelled today.

Then complete as many of the challenges below as possible.

Base camp: Where were you at the start of the lesson?

Peak: What was the part of the lesson where you learnt the most? Why?

Future Challenge: What do you want to learn about next to improve further and reach new heights?

Many more PSHE, RSE and Health 2020 resources, complete school packages and individual lessons at our website:

<https://ecpublishing.co.uk/>

We also provide comprehensive English, Citizenship Tutor Time and Humanities resources.

