### 3.1.1 Beliefs and teachings

**The Dhamma (Dharma)**
- The concept of Dhamma (Dharma).
- The concept of dependent arising (paticcasamupada).
- The Three Marks of Existence:
  - impermanence (anicca)
  - no fixed self (anatta)
  - unsatisfactoriness of life, suffering (dukkha).
- The human personality, in the Theravada and Mahayana traditions:
  - Theravada: the Five Aggregates (skandhas) of form, sensation, perception, mental formations, consciousness
  - Mahayana: sunyata, the possibility of attaining Buddhahood and Buddha-nature.
- Human destiny:
  - Different ideals in Theravada and Mahayana traditions: Arhat (a ‘perfected person’) and Bodhisattva ideals
  - Buddhahood and the Pure Land.

**3.1.1.2 The Buddha and the Four Noble Truths**
- The Buddha’s life and its significance:
  - the birth of the Buddha and his life of luxury
  - the Four Sights: illness, old age, death, holy man (Jataka 075)
  - the Buddha’s ascetic life
  - the Buddha’s Enlightenment.
- The Four Noble Truths:
  1. suffering (dukkha) including different types of suffering
  2. the causes of suffering (samudaya); the Three Poisons, ignorance, greed and hate
  3. the end of craving (tanha), interpretations of nibbana (nirvana) and Enlightenment
  4. the Eightfold Path (magga) to nibbana/nirvana; the path as the Threefold Way:
     - ethics (siła), meditation (samādhi) and wisdom (pañña). Dhammapada 190 –191

**Chapter 1: Beliefs and teachings**

| 1.1 | The birth of the Buddha and his life of luxury |
| 1.2 | The four sights |
| 1.3 | The Buddha’s ascetic life |
| 1.4 | The Buddha’s enlightenment |
| 1.10 | An introduction to the Four Noble Truths |
| 1.11 | The first noble truth: the existence of suffering |
| 1.12 | The second noble truth: the causes of suffering |
| 1.13 | The third noble truth: the end of suffering |
| 1.14 | The fourth noble truth: the cure for suffering |
### Worship and festivals

- The nature, use and importance of Buddhist places of worship including temples, shrines, monasteries (viharas), halls for meditation or learning (gompas) and their key features including Buddha rupa, artefacts and offerings.
- Puja, the significance and role of puja/devotional ritual in the home and in the temple, including chanting, both as a devotional practice and as an aid to mental concentration, mantra recitation, use of malas.
- Meditation, the different aims, significance and methods of meditation:
  - Samatha (concentration and tranquillity) including mindfulness of breathing
  - Vipassana (insight) including zazen
  - The visualisation of Buddhas and Bodhisattvas.
- The practice and significance of different ceremonies and rituals associated with death and mourning in Theravada communities and in Japan and Tibet.
- Festivals and retreats and their importance to Buddhists in Great Britain today, including the celebrations, origins and significance of:
  - Wesak
  - Parinirvana Day.

### Buddhist ethics

- Ethical teaching:
  - Kamma (karma) and rebirth
  - Compassion (karuna)
  - Loving kindness (metta).
- The five moral precepts:
  - Do not take life
  - Do not take what is not given
  - Do not misuse the senses
  - Do not speak falsehoods
  - Do not take intoxicants that cloud the mind.
- The six perfections in the Mahayanan tradition:
  - Generosity
  - Morality
  - Patience
  - Energy
  - Meditation
  - Wisdom, including how the individual develops these perfections within themselves.

### Sex, marriage and divorce

- Human sexuality including: heterosexual and homosexual relationships.
- Sexual relationships before and outside of marriage.
- Contraception and family planning.
- The nature and purpose of marriage.
- Same-sex marriage and cohabitation.
- Divorce, including reasons for divorce, and remarrying.
- Ethical arguments related to divorce, including those based on the sanctity of marriage vows and compassion.

### Chapter 2: Practices

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<td>2.4 Samatha meditation</td>
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| 2.9 Kamma (karma) and rebirth |
| 2.10 Compassion (karuna) |
| 2.11 Loving kindness (metta) |
| 2.12 The five moral precepts |
| 2.13 The six perfections |

### Chapter 3: Relationships and families

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<td>3.3 Contraception and family planning</td>
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<td>3.4 Divorce and remarriage</td>
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</tbody>
</table>
### 3.2.1.2 Theme B: Religion and life

#### The origins and value of the universe
- The origins of the universe, including:
  - religious teachings about the origins of the universe, and different interpretations of these
  - the relationship between scientific views, such as the Big Bang theory, and religious views.
- The value of the world and the duty of human beings to protect it, including religious teaching about stewardship, dominion, responsibility, awe and wonder.
- The use and abuse of the environment, including the use of natural resources, pollution.
- The use and abuse of animals, including:
  - animal experimentation
  - the use of animals for food.

#### The origins and value of human life
- The origins of life, including:
  - religious teachings about the origins of human life, and different interpretations of these
  - the relationship between scientific views, such as evolution, and religious views.
- The concepts of sanctity of life and the quality of life.
- Abortion, including situations when the mother’s life is at risk.
- Ethical arguments related to abortion, including those based on the sanctity of life and quality of life.
- Euthanasia.
- Beliefs about death and an afterlife, and their impact on beliefs about the value of human life.

### 3.2.1.3 Theme C: The existence of God and revelation

#### Philosophical arguments for and against the existence of God
- The Design argument, including its strengths and weaknesses.
- The First Cause argument, including its strengths and weaknesses.
- The argument from miracles, including its strengths and weaknesses, and one example of a miracle.
- Evil and suffering as an argument against the existence of God.
- Arguments based on science against the existence of God.
### The nature of the divine and revelation

- Special revelation as a source of knowledge about the divine (God, gods or ultimate reality) including visions and one example of a vision.
- Enlightenment as a source of knowledge about the divine.
- General revelation: nature and scripture as a way of understanding the divine.
- Different ideas about the divine that come from these sources:
  - omnipotent and omniscient
  - personal and impersonal
  - immanent and transcendent.
- The value of general and special revelation and enlightenment as sources of knowledge about the divine, including:
  - the problems of different ideas about the divine arising from these experiences
  - alternative explanations for the experiences, and the possibility that the people who claimed to have them were lying or mistaken.

### 3.2.1.4 Theme D: Religion, peace and conflict

#### Religion, violence, terrorism and war

- The meaning and significance of:
  - peace
  - justice
  - forgiveness
  - reconciliation.
- Violence, including violent protest.
- Terrorism.
- Reasons for war, including greed, self-defence and retaliation.
- The just war theory, including the criteria for a just war.
- Holy war.
- Pacifism.

#### Religion and belief in 21st century conflict

- Religion and belief as a cause of war and violence in the contemporary world.
- Nuclear weapons, including nuclear deterrence.
- The use of weapons of mass destruction.
- Religion and peace-making in the contemporary world including the work of individuals influenced by religious teaching.
- Religious responses to the victims of war including the work of one present day religious organisation.

### 3.2.1.5 Theme E: Religion, crime and punishment

#### Religion, crime and the causes of crime

- Good and evil intentions and actions, including whether it can ever be good to cause suffering.
- Reasons for crime, including:
  - poverty and upbringing
  - mental illness and addiction
  - greed and hate
  - opposition to an unjust law.
- Views about people who break the law for these reasons.
- Views about different types of crime, including hate crimes, theft and murder.

### 5.4 General revelation

- Special revelation and visions
- Enlightenment and the nature of God

### 6.1 Peace, justice, forgiveness and reconciliation

- Violence, violent protest and terrorism
- Reasons for war
- Pacifism and peacemaking

### 6.4 Religion and belief as causes of war

- Nuclear war and weapons of mass destruction
- Pacifism and peacemaking
- Religions responses to victims of war

### 7.1 Crime and punishment

- Reasons for crime
- Different types of crime
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<th>Chapter 8: Religion, human rights and social justice</th>
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<td>- The aims of punishment, including:</td>
<td>7.4  The aims of punishment</td>
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<td>- retribution</td>
<td>7.5  The treatment of criminals</td>
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<td>- deterrence</td>
<td>7.6  Forgiveness</td>
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<td>- reformation.</td>
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<td>- The treatment of criminals, including:</td>
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<td>- prison</td>
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<td>- corporal punishment</td>
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<td>- community service</td>
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<td>- Forgiveness.</td>
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<td>- The death penalty.</td>
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<td>- Ethical arguments related to the death penalty, including those based on the principle of utility and sanctity of life.</td>
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<th>3.2.1.6 Theme F: Religion, human rights and social justice</th>
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<tbody>
<tr>
<td>Human rights</td>
<td>Chapter 8: Religion, human rights and social justice</td>
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<tr>
<td>- Prejudice and discrimination in religion and belief, including the status and treatment within religion of women and homosexuals.</td>
<td>8.1  Social justice</td>
</tr>
<tr>
<td>- Issues of equality, freedom of religion and belief including freedom of religious expression.</td>
<td>8.2  Human rights and responsibilities</td>
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<tr>
<td>- Human rights and the responsibilities that come with rights, including the responsibility to respect the rights of others.</td>
<td>8.3  Religious freedom</td>
</tr>
<tr>
<td>- Social justice.</td>
<td>8.4  Prejudice and discrimination</td>
</tr>
<tr>
<td>- Racial prejudice and discrimination.</td>
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<tr>
<td>- Ethical arguments related to racial discrimination (including positive discrimination), including those based on the ideals of equality and justice.</td>
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<th>Wealth and poverty</th>
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<td>Wealth, including:</td>
<td>8.5  Buddhist teachings about wealth</td>
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<td>- the right attitude to wealth</td>
<td>8.6  Exploitation of the poor</td>
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<td>- the uses of wealth</td>
<td>8.7  Poverty and giving to the poor</td>
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<tr>
<td>- The responsibilities of wealth, including the duty to tackle poverty and its causes.</td>
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<td>- Exploitation of the poor including issues relating to:</td>
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<td>- fair pay</td>
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<td>- excessive interest on loans</td>
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<td>- people-trafficking</td>
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<td>- The responsibilities of those living in poverty to help themselves overcome the difficulties they face.</td>
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<tr>
<td>- Charity, including issues related to giving money to the poor.</td>
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