

HEAD

HEART AT MALBANK

HAND

YEAR 10- Unit 1: Health and Wellbeing



Mental health

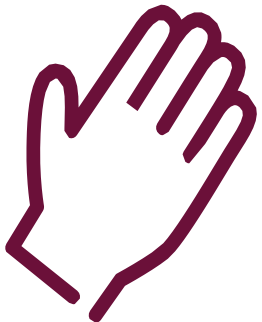
- how to manage challenges during adolescence
- how to reframe negative thinking
- strategies to promote mental health and emotional wellbeing
- about the signs of emotional or mental ill-health
- how to access support and treatment
- about the portrayal of mental health in the media
- how to challenge stigma, stereotypes and misinformation

Exploring influence

- about positive and negative role models
- become a positive role model for peers
- about the media's impact on perceptions of gang culture
- about the impact of drugs and alcohol on individuals
- how drugs and alcohol affect decision making
- how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime
- exit strategies for pressurised or dangerous situations
- how to seek help for substance use and addiction



Self-control, resilience, leadership



- I can analyse how mental health and emotional wellbeing can change throughout life, often in response to external events
- I can reframe negative thinking and identify ways to learn from setbacks
- I can recognise signs that someone might have mental health issues such as a mood disorder, stress or anxiety
- I can recognise when and how to get help, including when at risk through doing something illegal
- I can analyse and describe how alcohol and other drugs affect decision-making
- I can describe strategies for managing peer influence in increasingly independent contexts



YEAR 10- Unit 2: Relationships



Healthy relationships

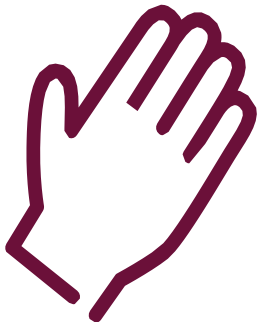
- about relationship values and the role of pleasure in relationships
- about sex, gender and relationships
- about the opportunities and risks of forming and conducting relationships online
- impact of the media and pornography on sexual attitudes, consent, including manipulation, coercion, and capacity to consent
- exploitation, including reporting and accessing appropriate support
- how to recognise and challenge victim blaming

Addressing extremism and radicalisation

- About communities, inclusion, respect and belonging
- about the Equality Act, diversity and values
- about how social media may distort, mis-represent or target information in order to influence beliefs and opinions
- how to manage conflicting views and misleading information
- how to safely challenge discrimination, including online
- how to recognise and respond to extremism and radicalisation

Assertiveness, resilience, communication, initiative

- I can explain strategies to effectively manage relationship break ups
- I can suggest ways to support a friend who is in an unhealthy relationship
- Explain what to do if someone feels they or someone they know is the target or perpetrator of stalking or harassment
- Explain how perpetrators and their peers can safely address potential perpetrator behaviours
- I can assess the impact of media, social media and actions on people's attitudes around diversity
- I can distinguish violent extremism from legitimate behaviours in a democracy
- identify and explain techniques used to engage someone with an extremist group



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YEAR 10- Unit 3: Living in the wider world



First Aid/Finance

- Understand when a casualty may require an assessment and first aid treatment after sustaining an injury to the musculoskeletal system.
- understanding of what can go wrong with our body's systems and organs to cause a lack of response.
- about the law and illegal financial activities, including fraud and cybercrime
- how to manage risk in relation to financial activities

Online identity and risk

- how to evaluate strengths and interests in relation to career development
- about opportunities in learning and work
- strategies for overcoming challenges or adversity
- about responsibilities in the workplace
- how to manage practical problems and health and safety
- how to maintain a positive personal presence online
- how to evaluate and build on the learning from work experience

Self-awareness, resilience, initiative

- Know when and how to deliver CPR to an unresponsive casualty who is not breathing normally
- Recognise when to call for help for a casualty who has a bone muscle or joint injury
- I can define what a money mule is
- I can explain how to seek support if I am concerned about myself or a friend
- I can explain the importance of protecting my identity and the risks involved in revealing personal information
- I can describe how to protect my online identity, both at home and at work
- explain that what someone shares on social media now, may affect their employment opportunities in the future

