



| Year 10: Health and wellbeing | | |
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| <p>Topics covered: Eating disorders body positivity stress depression and anxiety suicide and bereavement</p> | <p>How it links to what has been studied before: You have studied ways to maintain good physical and mental health in year 7 and the challenges and risk factors in year 8. In year 9 you looked at how social media can impact this. In year 10 we build on this further by looking at what can happen when you do not look after your mental and physical health and how you can get help and support if you are struggling.</p> | <p>How it links to what will be studied: You will go on to look at mental health and the GCSE exams and the impact of these events. You will also consider what you can do to maintain good physical and mental health.</p> |
| <p>Key words: Anorexia, Bulimia, Body dysmorphia, body positivity, anxiety, stress, depression, bereavement</p> | <p>Key skills: Discussion, debate, empathy, reflection</p> | |
| <p>Assessment focus: Teacher assessment of students will be ongoing, throughout lessons. This will assess understanding of the key themes in each lesson</p> | <p>Where to get support: <u>Young Minds.</u> Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544 Contact pastoral leads in school or the safeguarding lead. Check the information page at the back of your book.</p> | |
| <p>Why we study it: Learning in health and wellbeing ensures that you develop the knowledge and understanding, skills, capabilities and attributes which you need for mental, emotional, social and physical wellbeing now and in the future. It helps you to learn how to effectively, cope with day-to-day challenges, and develop into resilient young adults.</p> | | |

| Year 10: Living in the wider world | | |
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| <p>Topics covered: GCSE and study Skills Stress and time management</p> | <p>How it links to what has been studied before:</p> | <p>How it links to what will be studied:</p> |

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| careers and employability work skills apprenticeships bank accounts and debit cards online fraud post 16 options | In year 9 you studied your dream jobs and considered what you needed to get there. You will now be looking at what living away from home means, including financial transactions. You will also consider employability | You will continue with this in year 11 looking at confidence and achievement, as well as your finances once you start to live independently. |
| Key words: Employability, fraud, credit, debit, soft skills, stress, organisation. | | Key skills: Discussion, debate, empathy, reflection |
| Assessment focus: Teacher assessment of students will be ongoing, throughout lessons. This will assess understanding of the key themes in each lesson | Where to get support: <u>Young Minds.</u> Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544 Contact pastoral leads in school or the safeguarding lead. Check the information page at the back of your book. | |
| Why we study it: This includes learning about the different roles and responsibilities people have within their community. The benefits of living in a diverse community and strategies for challenging stereotypes and prejudice. Helping you to understand your feelings about money, financial decisions, careers and the economy is a vital part of preparing you for adult life, with clear links to health outcomes and relationships. | | |

| Year 10 Relationship and sex education | | |
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| Topics covered: Public sexual harassment gender and sexuality porn issues in parenting adoption and fostering reproductive health and self checking | How it links to what has been studied before: This builds on the Relationship and Sex education particularly sexual relationships and contraception. We build on this by looking at planned and unplanned pregnancy. We build on our work around Gender and Sexuality. | How it links to what will be studied: You will develop this in year 11 but looking at issues around consent as well as appropriate relationships online |
| Key words: Harassment, upskirting, gender, sexuality, cancer | | Key skills: Discussion, debate, empathy, reflection |

Assessment focus:

Teacher assessment of students will be ongoing, throughout lessons. This will assess understanding of the key themes in each lesson

Where to get support:

Young Minds. Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544

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