

AUTUMN TERM YEAR 10 – HEALTHY LIFESTYLES

Mental Wellbeing

<u>Learning Objectives</u>	<u>Key Words</u>
<p>To identify what it looks like to have positive mental wellbeing and what it looks like to have poor mental wellbeing.</p> <p>To understand factors that might contribute to a poor mental wellbeing and explore ways to promote emotional wellbeing.</p> <p>To explore attitudes to mental health and challenging misconceptions.</p> <p>To understand when coping strategies are unhealthy, including self-harm and eating disorders.</p> <p>To explore healthy coping strategies when managing difficult feelings.</p> <p>To identify where to find help if they are worried themselves or someone else is experience mental health problems.</p>	<ul style="list-style-type: none">• Mental• Wellbeing• Positive• Negative• Thoughts• Feelings• Behaviours• Resilience• Support• Strategies• Attitude• Discrimination• Coping• Self-harm• Eating disorder• Unhealthy• Mood• Symptoms• Stress

SPRING TERM YEAR 10 – THE WORLD I LIVE IN

Online Content & Gambling

<u>Learning Objectives</u>	<u>Key Words</u>
<p>To explain what is meant by social media and how people use social media.</p> <p>To identify how sharing likes, comments, photos and videos can make others feel online.</p> <p>To describe some risks and benefits of using social media.</p> <p>To learn how to manage the stress that may result from excessive use of social media or as a result of interacting with online content, including FOMO (the ‘fear of missing out’).</p> <p>To describe how we can respond, including getting help, if we see or are sent upsetting or inappropriate online content.</p> <p>To learn about risk in relation to gambling.</p>	<ul style="list-style-type: none">• Online• Gambling• Risk• Lottery• Betting• Chance• Win• Lose• Addiction• Pressure• Influence• Advert• Loot box• Gaming• Responsible

<p>To identify the risks associated with chance-based transactions (including in-game purchases) and gambling, including online. To give some reasons why people might choose to gamble.</p> <p>To describe some influences or pressures on people to gamble (e.g. advertising, friends).</p> <p>To identify some strategies game apps or advertising might use to encourage online gambling and chance-based purchases (e.g. loot boxes).</p> <p>To identify high-risk gambling and where and from whom to get help with gambling if we are worried about ourselves or others.</p>	<ul style="list-style-type: none"> • Support • Social media • Post • Comment • Wellbeing • FOMO • Relationship • Identify • Inappropriate • Report
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<u>SUMMER TERM YEAR 10 – SELF-CARE, SUPPORT & SAFETY</u> <u>Preventing Ill Health</u>	
<u>Learning Objectives</u>	<u>Key Words</u>
<p>To be able to identify signs of infection and know how to use antibiotics.</p> <p>To understand the importance of sun safety and how to protect our skin.</p> <p>To understand the need for immunisations and vaccines.</p> <p>To understand what it means to have a healthy lifestyle and the link between physical and mental health.</p> <p>To know how to self-examine and screen for cancers.</p> <p>To explore other types of health screening and prevention.</p>	<ul style="list-style-type: none"> • Antibiotic • Disease • Illness • Immune system • Medicine • Vaccine • Symptom • Skin • Cancer • Protect • Antibody • Breast • Testicle • Lumps • Screening • Cervical • Dentist • Optician