

Year 10 Learning Aid

Personal, Social, Health and Economic Education (PSHE)

What I will know and understand in PSHE by the end of the year.



This year in PSHE, we will be learning about:		This links to:	Key Terms:
1	<p>Health and Wellbeing</p> <ol style="list-style-type: none"> 1. Different types of drugs and why some are legal and others are illegal 2. The effects and risks associated with alcohol consumption, and why it's considered so dangerous 3. Features of addiction, why certain drugs are addictive, and why it should be treated like other illnesses 4. The dangers of smoking and why it's so dangerous to health 5. Ways to resist peer pressure, why it could put people at risk, and the influence of peer pressure 6. Why alcohol can lead to, and the effect of alcohol on risky sexual behaviour 7. Different types of sexually transmitted diseases, and how to prevent the transmission of STI's 	<ul style="list-style-type: none"> • Year 8 – Intro to drugs / Alcohol / Dangers of drugs / Smoking / Maintaining and monitoring health • Year 9 – The characteristics of a healthy lifestyle • Year 11 – Addiction / STI's / Drugs / Alcohol / Smoking 	<ul style="list-style-type: none"> • Legal – Allowed by law / Illegal – Forbidden by law • Recreational drug – A drug which is taken for pleasure • Addiction – A compulsion to repeatedly take part in an activity despite its harmful consequences • Smoking – The action or habit of inhaling and exhaling the smoke of tobacco or drug • Peer pressure – When you are influenced by other people (your peers) to act in a certain way • Risk – A situation involving exposure to danger • STI – Sexually Transmitted Disease
2	<p>Relationships</p> <ol style="list-style-type: none"> 1. How a person's view of sex might affect their view of relationships 2. Different experiences of body shame, and the notions of 'dignity' and 'modesty' in relation to the body 3. What we mean by beliefs and values, and how important they are in shaping our choices 4. The rights of the child, and how the rights of the child impacts legal parental responsibility 5. The stages of life in the womb, the abortion law in England, and arguments for and against abortion 6. The four main types of abuse, and the associated danger signs 7. What we mean by human dignity, FGM, Human trafficking and honour-based violence 	<ul style="list-style-type: none"> • Year 7 – Human reproduction / Bullying and Abuse / The media and body shape / Healthy relationships • Year 8 – Harmful relationships / Before I was born • Year 9 – Fertility and contraception / Reproductive health / choices made about sex and relationships / Stable, committed relationships • Year 11 – Abusive Relationships / Harmful relationships / Pregnancy / Choices in pregnancy / Birth control / Gangs 	<ul style="list-style-type: none"> • Chastity – The state of not having sexual relationships • Dignity – The quality of a person that makes them worthy of respect • Belief – An idea that a person holds to be true • Value – The standard through which people order their lives • Parenthood – Being a parent and the responsibilities involved • Abuse – Treat with cruelty or violence • Solidarity – Support by a person or group of people for another because they share opinions/aims • FGM – Female Genital Mutilation
3	<p>Living in the wider world – British Values / E-Safety</p> <ol style="list-style-type: none"> 1. The benefits of immigration and question what we read in the newspapers 2. The term Islamophobia, and to challenge Islamophobic content in the media and on social media 3. Discrimination and homophobia in the UK, and how British Values can be used to challenge homophobia 4. Why we need laws on equality, and how equal the UK is today 5. How laws are made and why they are important, and what role Parliament has in passing new laws 6. The term Stereotype, examples of discrimination, and how our opinions are affected by our surroundings 7. The purpose of an AUP, and school policies for using devices appropriately both in and outside of school 	<ul style="list-style-type: none"> • Year 7 – British Values / Democracy / Liberty / Freedom of faith / Rule of law / PREVENT / Harmful behaviours online • Year 8 – E-safety / Online safety/Personal info and Cyberbullying / Values / Identity and Culture / Anti-racism / Parliament / Government / Elections and voting / Prejudice and discrimination • Year 9 – E-safety / Cyberbullying / Devices and security / E-safety Facebook page / Gaming / sexting / Netiquette 	<ul style="list-style-type: none"> • Refugee – A person who has been forced to leave their country in order to escape conflict/disaster • Islamophobia – The fear of Islam often used to refer to prejudice or discrimination against Muslims • Homophobia – Dislike of or prejudice against homosexual people • Transphobia – Dislike of or prejudice against transsexuals or transgender people • Equality – The state of being equal, especially in status, rights, or opportunities • Parliament – The legislature, or law-making group, in the government of the United Kingdom • Stereotype – A fixed idea that people have about certain groups of people (gender/age/nationality) • AUP – Acceptable Use Policy
4	<p>Living in the wider world – First Aid</p> <ol style="list-style-type: none"> 1. Primary surveys, what to do with unresponsive casualties who are breathing, and when to give CPR 2. When and how to give CPR to an unresponsive casualty who is not breathing normally 3. The difference between a bone, muscle and joint injury, and how to give first aid to a casualty 4. The difference between a minor and severe bleed, and how to give first aid to a casualty 5. The symptoms of a heart attack, and how to give first aid for an angina/heart attack or cardiac arrest 6. Recognising when an adult or baby is choking, and how to respond and give first aid 7. Putting into practise the first aid techniques that have been learnt from previous lessons 	<ul style="list-style-type: none"> • Year 7 – Basic Life Support / Allergies / Asthma / Choking / Bleeding / Head injuries 	<ul style="list-style-type: none"> • DRSABC – Danger / Response / Shout / Airway / Breathing / Circulation • CPR – Cardio Pulmonary Resuscitation • AED – Automated External Defibrillator • Fracture – Broken bone / Sprain – Injury of joint / Strain – Injury of muscle • Shock – Life-threatening medical condition caused by lack of blood flow to tissues and organs • Cardiac arrest – When the heart stops pumping around the body • Mild obstruction – The patient has difficulty breathing and speaking but is still able to • Complete obstruction – The patient cannot breathe or speak
5.	<p>Living in the wider world – Work Related Learning</p> <ol style="list-style-type: none"> 1. The purpose of work experience and how it helps develop employability skills 2. The key skills and qualities needed for an interview, and be able to demonstrate them 3. The Health and Safety issues that may present themselves while on work experience 4. Reading a job advert and infer the skills required, then demonstrate how they could show these skills 5. Appropriate behaviour in the workplace, and the main causes of unsuitable behaviour 6. The importance of resilience and persistence as important qualities of a person in the workplace 7. Enterprise Adviser external visit – The journey to business success and the path they took to get there 	<ul style="list-style-type: none"> • Year 7 – Employability skills / Dream jobs • Year 8 – What is a career / researching a career / Exploring skills and qualities • Year 9 – Enterprise / Problem solving / Passion into Business / Creativity / Apprenticeships / A levels / BTECS • Year 11 – LMI / researching post 16 / CV's / Personal statements 	<ul style="list-style-type: none"> • Self-Management – To take responsibility for your own behaviour and well-being • Inter-personal - Relating to relationships or communication between people • Hazard – A danger or risk • Soft skills – Personal attributes / Hard skills – Teachable/measurable abilities that are needed job • Professional behaviour - Displaying a courteous, conscientious and generally business-like manner in the workplace • Resilience - recover quickly from difficulties / Persistence – Never give up attitude