

YEAR 13- Unit 1: Health and Wellbeing



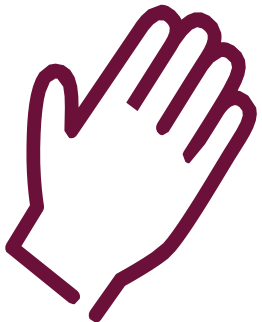
Health and wellbeing

- the impact of social media on body image
- nature nurture debate regarding Mental Health causes
- common symptoms of some mental health illnesses
- healthy lifestyle choices
- physical health and wellbeing coping strategies for mental health
- common sources of stress
- strategies to manage social media wellness
- importance of exercise in maintaining a healthy lifestyle
- unhealthy lifestyle choices

- New Psychoactive Substances and give examples
- why NPS drugs are so dangerous to society
- how to protect yourself from peer pressure to experiment with drugs
- risks associated with parties and festivals and experimenting with drugs
- how to stay safe at a festival or a party
- differences classification of drugs and key aspects of the UK's drug policy
- how governments can tackle the illicit drugs trade
- physical and mental impact on Crack Cocaine users
- support networks
- Support for victims of sexual assault and rape due to GHB



Resilience to peer pressure, leadership



- I can explain how the media impacts body image
- I Can evaluate the impact diet culture is having on society, body image and self esteem
- I can describe a variety of common symptom in some mental health illnesses
- I make healthy lifestyle choices regarding my mental wellbeing
- I can identify unhealthy lifestyle choices
- I can explain the main sources of
- I can keep myself safe at parties and festivals
- I can withstand peer pressure and say no to experimenting with drugs



HEAD

HEART AT MALBANK

HAND

YEAR 13- Unit 2: ½ Relationships

½ Living in the wider world



Relationships and Sex Education

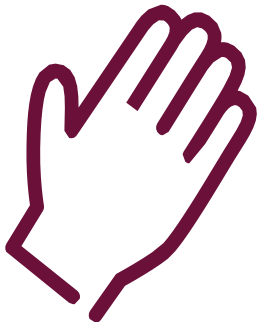
- human fertilisation process at a cellular level
- ways women can become pregnant including IVF Treatment
- risks associated with house parties and alcohol
- alcohol abuse and drink spiking and the risks associated with both
- sexual health
- where to access further support,
- protect against pregnancy, STI's or both
- differences and similarities between sex in real relationships and pornography
- importance of respecting others and especially those we are in a relationship with
- what love is and what love is not
- fertility and Menstrual health

Finance

- Finance
- Inflation, Money and Careers
- Value for Money & Making More
- Going Abroad & Understanding Foreign Currency
- Managing a Household Budget
- Payment Methods Used in the UK
- Borrowing Money and the Risks (Debt)
- Foreign Exchange Rates

Resilience, dealing with peer pressure, empathy, self-esteem, initiative, communication

- I can explain why porn negatively influences people's behaviours in society
- I can explain what impacts fertility for men and women and lifestyle changes that improve fertility
- I know the risks associated with house parties and how drinking alcohol impacts sensible decision making
- I can define sexual health and reflect on my own
- I can describe in detail the importance of contraception and can evaluate the effectiveness of different methods
- I can explain some differences between bacterial STI's and viral STI's
- I can respect a partner physically and emotionally
- I can manage bills and evaluate risk in relation to borrowing
- I know how to work out exchange rates and currency



HEAD

HEART AT MALBANK

HAND

YEAR 13- Unit 3: Living in the wider world

