

**KEY**

-  Health and wellbeing
-  Relationships
-  Sex and Relationships

-  Living in the wider world
-  Enterprise and Citizenship
-  Charter opportunities

# EIM KS4



## Mental Health and Emotional Wellbeing

What is emotional & mental health?  
 How do I recognise depression, anxiety, and stress?  
 How can new challenges affect my mental health?  
 How can I manage my anger and aggression?  
 How can I reframe my thinking to maintain positive mental health?  
 What are the signs of unhealthy coping strategies?  
 How can I manage exam stress in Year 10 & Year 11?



## Physical Health and Health-related decisions

How do I keep optimum health through my diet, exercise and sleep?  
 How can I have a balanced approach to the time I spend online & what I see, do & admire on social media?  
 What services can I access to help me stay physically & emotionally healthy?  
 What are the physical & mental consequences of substance misuse on individual & family wellbeing?  
 What are the wider risks of illegal substance misuse?  
 How do I get help for unhealthy behaviours, habits & addiction?  
 What is cancer?  
 How do I recognise the symptoms of Sepsis & Meningitis & what should I do if I think someone has contracted them?



## YR10



## First Aid Skills

What are the facts about blood, organ & stem cell donation?  
 How do I increase my confidence in performing emergency first aid & life saving skills?  
 How do I care for someone who has drunk too much alcohol?  
 How do I care for someone who has taken drugs?



## Abusive & coercive relationships

What are the differences between healthy and unhealthy relationships?  
 How would we recognise an unhealthy or abusive relationship?  
 How do we define sexual harassment?  
 How do you recognise manipulation, persuasion and coercive control and how should you respond?  
 How does the law define sexual assault and rape?  
 What are the potential impacts of image sharing and viewing pornography?



## Honour-based violence

What is honour-based violence?  
 What is forced marriage?  
 What is FGM?  
 What is the law and how can you protect yourself from abusive relationships and potential harm?



## Biological and Reproductive Health

Sexuality – what's it all about?  
 What are the facts about reproductive health and fertility?  
 Including IVF for same sex couples.  
 How do I choose and access appropriate contraception?  
 What are the facts and beliefs about abortion?  
 What is miscarriage?  
 How do I have a healthy pregnancy?  
 What help & support is available for fertility issues?  
 What is the menopause?

## YR11



## Managing Money

How can I understand fraud?  
 How can I protect myself from identity fraud?  
 What is a money mule?  
 How can I protect myself from cyber enabled crime?  
 Gambling: How can we manage risk?  
 Gambling: How can we manage impulses and influences to gamble?  
 Gambling: How can we help people who have developed problems with gambling?



## Skills for Life: Careers Education

What are my options when I leave school?  
 How do I write a strong personal statement for an application form?  
 How do I create an impactful CV?  
 How do I use networking and social media to help me get a great job?  
 How do I ace an interview?  
 How should I behave in the workplace?  
 What are my employment rights and responsibilities?



## Active Citizenship

Run. Hide. Tell  
 Do we have a responsibility to vote?  
 What is the difference between criminal and civil law?  
 What is social justice?  
 What is institutional racism and white privilege?  
 What is the UK's relationship with the rest of Europe, the Commonwealth, the UN and the wider world?

## KS5

