

**KEY** Health and wellbeing Relationships Sex and Relationships Living in the wider world  
 Enterprise and Citizenship Charter opportunities

**YR10**

**Y10 UNIT 1**



### How can I keep myself mentally and emotionally safe?

What is emotional health?  
How do I recognise depression, anxiety and stress?  
How can I manage my anger and aggression?  
How can I reframe my brain to maintain positive mental health?  
What is the difference between a neurotypical and neurodiverse brain?  
What are healthy ways to promote emotional wellbeing?  
How can I manage exam stress in Year 10 and 11?



**Y10 UNIT 2**



### How can I keep healthy? Part 1

How can I assess risks to make healthy choices?  
Substance Abuse - physical effects on health and managing influence.  
Where can I go for further support?  
What is cancer?  
Movember - know your balls.  
Coppafeel - What is breast cancer? Can I trust my touch?  
What happens when eating becomes disordered?  
What physical decisions might I need to make?  
What is blood, organ, tissue and stem cell?

**Y10 UNIT 3**



### How can I keep healthy? Part 2

What is meant by the term's sexuality and healthy relationships?  
What are the facts about reproductive health and fertility?  
How do I choose and access appropriate contraception?  
What are the facts and beliefs about miscarriage and abortion?  
How do we ensure a healthy pregnancy?  
What support is available for fertility issues?  
What is the menopause?



### What is respect?

What is honour based violence?  
Why could honour based violence still be happening today?  
What is forced marriage?  
What is FGM?  
What is the difference between healthy and unhealthy relationships?  
How do I recognise manipulation and coercive control?  
What is the law around FGM, relationship abuse and forced marriage?



**Y10 UNIT 4**

**Y10 UNIT 6**



### How does Britain work and how can I prepare for life in the modern world?

How can I understand fraud?  
How can I protect myself from identity fraud?  
What is a money mule?  
How does the government spend our money?  
How can I protect myself from cyber enabled crime?  
Gambling: How can we manage risk?  
How can we manage influence and impulses to gamble? How can we help people?



**Y10 UNIT 5**



### Crime and Punishment

What are the reasons that some people commit crimes?  
What is the purpose of punishment?  
What are the different attitudes to suffering, or causing suffering to others?  
How should criminals be treated?  
Is the death penalty ever a just punishment?  
Is forgiveness ever possible?

**YR11**

**Y11 UNIT 1**



### Peace and Conflict

What is meant by conflict?  
What happens when people disagree with the state?  
Is the use of weapons of mass destruction ever right?  
Is war justified?  
Does religion cause wars?  
What are the alternatives to conflict?  
How should people respond to victims of war?



**Y11 UNIT 2**



### How can I prepare for life in modern Britain?

What are my options after Year 11?  
What are my personal strengths?  
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 a job interview?  
How should I behave in the workplace?  
What are my employment rights and responsibilities?



**Y11 UNIT 3**



### How can I keep safe and healthy?

How can I make safe choices and show respect for others?  
How can I keep safe around substances?  
How can I manage money effectively? - tax calculation  
How can I be politically active?  
How can I be inclusive of all?

**KS4**

