

Key Stage 4: PSHE - Health and Well Being – Autumn Term

	Key Concepts		
Year 10	<p style="text-align: center;">Lesson 1: Digital Footprints</p> <p style="text-align: center;"><i>Students should be able to:</i></p> <ul style="list-style-type: none"> • <i>understand how to keep safe online</i> • <i>consider the consequences of inappropriate behaviour online</i> • <i>identify strategies to deal with inappropriate behaviour online</i> 	<p style="text-align: center;">Lesson 2: Drugs: The Risks (1)</p> <p style="text-align: center;"><i>Students should be able to:</i></p> <ul style="list-style-type: none"> • <i>consider different ways of looking at 'risk'</i> • <i>reflect on the impact of risk taking with drugs</i> • <i>understand the issues surrounding cannabis</i> 	<p style="text-align: center;">Lesson 3: Drugs: The Risks (2)</p> <p style="text-align: center;"><i>Students should be able to:</i></p> <ul style="list-style-type: none"> • <i>consider the problems resulting from drug and alcohol use</i> <ul style="list-style-type: none"> • <i>evaluate the risk of addiction</i> • <i>learn appropriate first aid and emergency procedures</i>
Year 11	<p style="text-align: center;">Lesson 1: Internet Privacy</p> <p style="text-align: center;"><i>Students should be able to:</i></p> <ul style="list-style-type: none"> • <i>consider the risks of posting content online to sites like YouTube</i> • <i>understand the consequences of sharing something you shouldn't</i> • <i>know how to report issues online</i> 	<p style="text-align: center;">Lesson 2: Personal Safety</p> <p style="text-align: center;"><i>Students should be able to:</i></p> <ul style="list-style-type: none"> • <i>identify possible risks to personal safety</i> • <i>consider possible responses when a threat is posed to personal safety</i> • <i>understand the characteristics and benefits of being assertive</i> 	<p style="text-align: center;">Lesson 3: Emotional Health</p> <p style="text-align: center;"><i>Students should be able to:</i></p> <ul style="list-style-type: none"> • <i>explain what emotional health means</i> • <i>outline what an emotionally healthy person is like</i> • <i>identify people and places you can turn to for support</i>