

Mental health and wellbeing		
Autumn 1	Knowledge - To know about the factors that affect wellbeing and learn about strategies to manage strong emotions - To know how to manage my own strong emotions - To know about helpful and unhelpful distractions and explain how these can affect the way someone feels. - To know how to manage distractions, including online. - To know about how disappointments and setbacks might affect someone. - To know how to use strategies to manage, and learn from, disappointments and setbacks. - To know about and be able to recognise unhealthy coping strategies - To know how to seek help and support for mental health concerns - To know about healthy coping strategies. - To know how to use healthy coping strategies to manage unpleasant or uncomfortable feelings, emotions and thoughts. - To learn about how influences can affect self-concept and self-expression. - To know how to evaluate the impact of different influences on decisions relating to body image in my own life.	Key vocabulary Wellbeing Distractions Internal influence External influence Coping strategies Body image



Careers and future choices		
Autumn 2	Knowledge • To know ways in which personal values and interests can influence job and career choices. • To know how to assess my personal values and strengths and how this may influence my career choices • To know about work patterns, workplaces and what makes a positive working environment • To know how to use this information to make good career choices for myself in the future • To know ways that people can make decisions about KS4 options • To know how to manage feelings, emotions and pressures relating to key stage 4 options • To know about the network of support I have to make decisions about Year 9 options. • To know how to be positive, flexible and well prepared to make GCSE pathway choices • To know about the ways in which what people may share online could affect their career options in the future. • To know how to maintain a positive online reputation	Key Vocabulary Values Skills Industry Career Online reputation