

KEY WORDS 2020-2021 - PSHE

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Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 9	Aspiration Potential Self-esteem Needs Wants Maslow's Hierarchy Racism Stereotyping Social media Ethical Fair trade	Expenditure Sources of income Wages Pocket money Benefits Loans Interest on savings Gifts Inheritance money Budgeting Credit cards Interest rates Pin numbers Fraud Interest rates Loans Savings Bank accounts Cheque Debit card Transactions Current account Online shopping	Frenemies Toxic Friendship Groups Genuine friendships Family Dopamine Infatuation Banter Cyber stalking Harassing Flaming Website creating Degradation Humiliation Impersonating Password theft Use of photos and images Cyber bully Paedophile Domestic Migration Identity Citizen British Radicalisation Propaganda Grooming	Healthy Lifestyle Muscle mass Medication Weight loss Alcohol Weight gain Smoking 5 a day Calories Saturated fat Unsaturated fat Calories Unsaturated fat Saturated fat Lifestyle diseases Preventable Caffeine Dopamine Diabetes Heart rate Bpm (beats per minute) Carcinogen Nicotine Tobacco Addiction Passive smoking Toxic Stimulant	Mental health Depression Anger Management Adrenaline Fight or Flight Puberty PMS Period The menstrual cycle FGM – Female Genital Mutilation (FGM) Infibulation Cultural Debilitating	Consent – to give permission for something to happen. Non-consensual – doing something without someone's permission. Non-consensual sex – this means rape. Contraceptives Pornography Sexting STIs – sexually transmitted infections. STDs - sexually transmitted diseases. Body image Manorexia Eating disorders Domestic Conflict

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			Rallies Awareness	Cancer Stimulants Depressants		
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			Rallies Awareness	Stimulants Depressants		
Year 11	Alcohol, Unit, Alcoholic, Alcohol misuse, society, nutrition, liver, mental health, sexual health, withdrawing	Support agencies Stress, short and long term effects, harmful, wellbeing, prolonged,	Stress, identify, relates, behaviour, symptoms, reduction, prevention, strategy, harmful, coping, professional support,	friendships, relationships, intimacy, close relationships, risky behaviours, sexual behaviours, confidential, external sexual organs, menstrual cycle, contraception, parental consent, sexual health services, emergency contraception, condom	HIV, Aids, transmitted infections, Chlamydia, Sexually transmitted infections/diseases (STI's/STD's), relationship issues, sexual health, legislation, sexuality,	