KEY WORDS 2020-2021 - PSHE

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

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Year 10	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	Rallies Awareness 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	Cancer Stimulants Depressants Healthy Lifestyle Muscle mass Medication Weight loss Alcohol Weight gain Smoking 5 a day Calories Saturated fat Unsaturated fat Calories Unsaturated fat Saturated fat Saturated fat Saturated fat Caffeine Dopamine Diabetes	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
	Ethical	Budgeting Credit cards Interest rates Pin numbers Fraud Interest rates Loans Savings Bank accounts	Flaming Website creating Degradation Humiliation Impersonating Password theft Use of photos and	Saturated fat Unsaturated fat Calories Unsaturated fat Saturated fat Lifestyle diseases Preventable Caffeine Dopamine	FGM – Female Genital Mutilation (FGM) Infibulation Cultural	Contraceptives Pornography Sexting STIs – sexually transmitted infections. STDs - sexually transmitted diseases. Body image Manorexia

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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,	