



St Peter's Catholic High School

Year 10 Curriculum for Life S.O.W



Topic Title	C4L and Ground Rules	Depression and Anxiety	Difficult Emotions	Mindfulness	Body Image, the Media and Risks of Cosmetic Procedures	Cosmetic Surgery	Relationship Abuse	Exploited	Risks and Harms of Sexual Imagery	Sexual Harassment	Loss, Separation and Divorce	Borrowing Money *			
Assessment Objectives	Can you name 5 topics or more which will be covered in C4L lessons this year?	Can you define the terms depression and anxiety?	Can you name a range of difficult emotions?	Do you know what mindfulness is?	Can you define the term body image?	Can you list the reasons people choose to have cosmetic surgery?	Can you name the features of a healthy, positive relationship?	Can you define the term exploited?	What is ‘Sextortion’?	Can you define the term sexual harassment?	Can you name different types of loss?	A session looking at when borrowing is appropriate and which type is best for different circumstances.			
	Can you name at least three of our agreed C4L ground rules?	Do you know the signs to look out for in a friend?	Can you identify a range of strategies for managing difficult emotions?	Can you explain how mindfulness might benefit you?	Can you identify how the media’s portrayal of idealised and artificial body shapes influence your body image?	Can you describe the negative effects of cosmetic procedures?	Can you define the term ‘relationship abuse’?	How can you tell if someone is being exploited by their boyfriend, girlfriend or friend?	What are the risks of viewing sexual imagery (pornography)?	Can you identify actions which are considered as sexual harassment?	What emotional effects does loss have?				
		Do you know where and how to get support for yourself or a friend?	Do you know where and how to access further support?	Can you describe how you could incorporate mindfulness into your daily routine?	Do you know the risks associated with cosmetic and aesthetic procedures including tattooing and piercings?		Can you identify different types of abuse that can be present in relationships?	Where can you get help if you are worried that you or your friend is being exploited?			What are the emotional and practical effects of separation and divorce?				
					Do you know the risks associated with sunbathing and the use of sun beds?						Can you list ways to get help with relationship abuse?		What coping strategies can you use when dealing with loss, separation or divorce?		

Topic Title	Different Electoral Systems used in and Beyond the UK	Law – the Separation of Powers	Getting Involved	The UK and the Wider World	Public Money	Diversity	Discrimination	Student Loans Decoded	Post 16 Studies **	Harmful Sexual Behaviours ***	Safe and Healthy Sexual Relationships ***
Assessment Objectives	Can you name at least three different systems of voting?	Can you name which institutions belong to the executive, the legislature and the judiciary?	Can you name and describe a range of ways that you can become involved with democratic and electoral processes?	Can you list four of the World organisations which the UK is part of?	Can you list the ways the government raises public money?	What does cultural diversity mean?	What does discrimination mean?	How much does it cost to go to university?	Can you describe what a college taster day is like?	Do you understand what harmful sexual behaviour is?	Do you understand how alcohol and drug use can lead to risky sexual behaviour?
	Can you describe how these voting systems work?	Can you explain what the executive, the legislature and the judiciary do?	Can you identify who holds government to account?	Can you identify the aims of each of the organisations?	Can you identify key facts about each of these ways?	How has Britain become multi-cultural?	Can you identify different types of discrimination?	How much are parents expected to contribute?	Can you list the new subjects/courses you can study post 16?	Can you explain the law around different harmful sexual behaviours?	Can you list and give facts about the different STIs and forms of contraception?
	Can you identify where these voting systems are used?	What does the term free press mean?		Can you explain the positive and negative points of the UK being involved with each organisation?		Can you identify the benefits of a multi-cultural Britain?	How can you challenge discriminatory behaviour?	How are student loans paid back?	Can you identify which colleges and courses you want to sample on your taster days?	Can you identify what affect harmful sexual behaviours can have?	Can you explain how and where to access confidential sexual and reproductive health, advice and treatment?
		Do you think it is important that we have a free press? Why?				Why is mutual respect and understanding important?		How does the interest on student loans work?			

*Delivered by HSBC

**Delivered by Head of C4L and Careers Lead in Spring Term

***Delivered by Locala Health and Wellbeing