



# 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 & risks of cosmetic procedures	Cosmetic Surgery	Relationship Abuse	Exploited	Sharing Sexual Images	Sexual Harassment	Loss, Separation and Divorce	Diverse Relationships
<b>Key questions within lessons:</b>	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?	Can you describe the risks of sharing sexually explicit images of yourself or others?	Can you define the term sexual harassment?	Can you name different types of loss?	What do the terms sexual identity, gender identity and sexual orientation mean?
	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?	Can you explain the legal implications of sending or forwarding sexual images?	Can you identify actions which are considered as sexual harassment?	What emotional effects does loss have?	What sources of support are there for people questioning their gender or sexuality?
		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?	Can you explain where to get help if you or a friend are being pressurised to send or share inappropriate images?		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 are the risks of viewing sexual imagery (pornography)?		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	Student Loans Decoded	Diversity	Discrimination	Understanding and Preventing Extremism	Contraception and STI Recap *	Negotiating Consent *
<b>Key questions within lessons:</b>	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 European/World organisations which the UK is part of?	Can you list the ways the government raises public money?	How much does it cost to go to university?	What does cultural diversity mean?	What does discrimination mean?	Can you define the terms a) extremism b) terrorism c) radicalisation?	Can you state facts about different types of contraceptives and their efficacy?	What is consent?
	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 much are parents expected to contribute?	How has Britain become multi-cultural?	Can you identify different types of discrimination?	What leads people to get involved in terrorism or violent extremism?	Can you name and provide factual information about the most prevalent STIs.	When can you lack the capacity to consent?
	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 explain the sources of financial support which may be open to you to help you continue your further and higher education?	How are student loans paid back?	Can you identify the benefits of a multi-cultural Britain?	How can you challenge discriminatory behaviour?	What can communities do to help reduce the risks of people being radicalised?	Why is regular testing important for people who are sexually active?	Who is responsible for ensuring consent is given?
		Do you think it is important that we have a free press? Why?				How does the interest on student loans work?	Why is mutual respect and understanding important?			Can you explain how and where to access confidential sexual and reproductive health, advice and treatment?	

\*Delivered by Spectrum Health CIC in November 2022