

## Year 10 Guidance Scheme of Work

The SoW must be followed in the order set out below.

Please use the PowerPoint resources provided. If you use other resources, each of the key questions must be covered and the students' exercise books shows this. There **must be evidence for each topic area** in their exercise book.

### External Visitors

The School of Sexuality – consent in relationships/respect/

Drug Educator's – Exploring the personal and societal impact of drugs.

Loudmouth Education – Calling it out on sexual harassment

NSPCC interview – some year 9 students involved in making a teacher training programme on PSHE

Just like us – LGBTQ+ speaker during the month of Pride.

**Assessment: At the beginning of each topic students are to mind-map their current knowledge on that topic e.g. Alcohol and Drugs. At the end of each topic students are to sit a formal assessment. Each assessment should last for 30 minutes. Class teacher will need to mark the assessments and go through model answers.**

### Sequencing and rationale

#### Relationships

Topic 1 extends students knowledge on healthy and unhealthy relationships, focusing on specific scenarios where relationships can be evaluated. Students develop skills to manage unwanted attention using their prior knowledge on characteristics of unhealthy relationships. CSE is explored using students existing knowledge on exploitations and unhealthy controlling behaviours. Sexual consent is discussed examining different scenarios and how to ask for consent. Such learning helps students to understand domestic violence and identify the implications of such dynamics.

#### Drug education

Further examination of the law and drugs is taught, with discussions around how drugs biologically affect the human brain. Prescription medication is discussed and the implications to one's health.

#### Health Education

Mental health is discussed using prior knowledge on stress and stress management. After this, students are taught how to reframe negative thinking, once they have gone through the different mental health illnesses. CPR refresher lesson with additional knowledge on first aid skills, to include the recovery position.

Autumn Term Relationships	Aim of the lesson	Resources/Print	Modern British Values	Careers
Lesson 1	Healthy and unhealthy relationships	PowerPoint Tier 2 Vocabulary – articulate, diverse, implicit Tier 3 Vocabulary – 'imbalance of power', characteristics, unlawful	Democracy Individual Liberty Rule of Law Tolerance of differing faiths and beliefs Mutual Respect	Therapist Sexual Health Advisor Manager
Lesson 2	Managing unwanted attention – Stalking and harassment. Discussing the case of Alice Ruggles.	PowerPoint, worksheet has all three resources needed for the lesson. Teacher guidance also if needed to support with the delivery of the lesson. Tier 2 Vocabulary – articulate, imperative, insinuate Tier 3 Vocabulary – harassment, consent, violence	Democracy Individual Liberty Rule of Law Tolerance of differing faiths and beliefs Mutual Respect	Manager Government and public administration Policy maker Equality Champion

Lesson 3	Domestic Violence	PowerPoint, print slide 8 for students to glue into books, video clips embedded to PowerPoint remind students they are of a sensitive nature  Tier 2 Vocabulary – resolve, authority, advocate  Tier 3 Vocabulary – domestic abuse, inequality, physical, emotional, financial and sexual abuse.	Democracy Individual Liberty Rule of Law Tolerance of differing faiths and beliefs Mutual Respect	Information technology Forensic psychology
Lesson 4	Child sexual exploitation	PowerPoint  Tier 2 Vocabulary – assimilate, attribute, authority  Tier 3 Vocabulary – CSE, grooming, county lines	Democracy Individual Liberty Rule of Law Mutual Respect	Military Police officer

Autumn/Spring Relationships and Health Education	Aim of the lesson	Resources/print	Modern British Values	Careers
Lesson 5	Consent	Powerpoint, true or false worksheet, key messages for consent worksheet, consequences worksheet Powerpoint, print slide 4,5,6 and article on slide 13.  Tier 2 Vocabulary – articulate, advocate, implicit  Tier 3 Vocabulary – sexual consent, verbal and non-verbal consent	Democracy Individual Liberty Rule of Law Mutual Respect	Relationship counsellor Sexual Health advisor Policy maker Law enforcement
CHECKPOINT 1				
Lesson 6	Sharing sexual images	Powerpoint, resources in folder.  Tier 2 Vocabulary – insinuate, perspective integrity  Tier 3 Vocabulary – 'sexting', blackmail, perpetrator	Democracy Individual Liberty Rule of Law Tolerance of differing faiths and beliefs Mutual Respect	Relationship counsellor Sexual Health advisor Policy maker Law enforcement Teacher
Assessment ONE - Relationships				
Lesson 7	How to choose and access	Powerpoint, worksheets to accompany lesson.	Democracy Individual Liberty	Sexual Health advisor Charity workers for

	appropriate contraception (including emergency contraception) and negotiate contraception use with a partner. (Can be spread across two lessons).	Please go through the stages of putting on a condom. You can use the following lesson to do a practical (this is in the same folder) if you feel comfortable to do so. Speak to Aisling Orlandini. Resources are in room 2. A.OR will organise.  Tier 2 Vocabulary – articulate, turbulent, validity  Tier 3 Vocabulary – condom, sexual health clinic, vasectomy	Rule of Law Tolerance of differing faiths and beliefs Mutual Respect	clinics such as Umbrella and the Brook Educator in various settings
Lesson 8	HIV/AIDS – Understanding the facts surrounding the illness and breaking down stereotypes.	Powerpoint, A3 sheet to print, information sheet to print.  Tier 2 Vocabulary – advocate, significant, integrity  Tier 3 Vocabulary – human, immunodeficiency virus, acquired, immune deficiency syndrome, post-exposure prophylaxis	Democracy Individual Liberty Rule of Law Tolerance of differing faiths and beliefs Mutual Respect	GP Alternative/medical profession Biomedical scientist
Lesson 9	Revenge Porn	Powerpoint, bbc documentary to be played for the majority of the lesson. Need a bbc iplayer account to access documentary (this is free).  Tier 2 Vocabulary – turbulent, subsequent, renounce  Tier 3 Vocabulary – 'Revenge porn', criminal offence, sexual images		Law enforcement Educator across differing settings
ASSESSMENT 2 - RSE				
Spring/Summer Health Education links to economic education	Aim of the lesson	Resources / print	Modern British Values	Careers
Lesson 10	Economic Education – How to be a good leader?	Powerpoint, Slides need to be printed (identified on the ppt)	Democracy Individual Liberty Rule of Law Tolerance of differing faiths and beliefs Mutual Respect	Any
Lesson 11	Economic Education – Understanding and managing debt	Powerpoint	Democracy Individual Liberty Rule of Law Tolerance of differing faiths and beliefs Mutual Respect	Financial advisor

Lesson 12	Dangers of prescription drugs	Powerpoint, Worksheet to be printed Tier 2 Vocabulary – indiscriminate, compare, contrast Tier 3 Vocabulary – prescription medication, addiction, rehabilitation	Democracy Individual Liberty Rule of Law Tolerance of differing faiths and beliefs Mutual Respect	Criminal investigation department [CID] Drugs or firearms officer Air support or underwater search Medical professional
<b>CHECKPOINT 2</b>				
Lesson 13	How drugs biologically affect the brain.	Powerpoint, print slide of brain for students to annotate, case studies printed for carousel activity. Tier 2 Vocabulary – develop, determine, synthesise Tier 3 Vocabulary – Frontal Lobe, ventral-tegmental area (VTA) limbic system, nucleus acumbens	Democracy Individual Liberty Rule of Law Tolerance of differing faiths and beliefs Mutual Respect	Criminal investigation department [CID] Drugs or firearms officer Air support or underwater search Medical professional Biomedical Scientist Working within a pharmaceutical company
Lesson 14	Awareness of the dangers of cannabis	Powerpoint Tier 2 Vocabulary – explore, deduce, substitute Tier 3 Vocabulary – cannabis, psychoactive drug, schizophrenia	Democracy Individual Liberty Rule of Law Tolerance of differing faiths and beliefs Mutual Respect	Criminal investigation department [CID] Drugs or firearms officer Air support or underwater search Medical professional Policy maker
ASSESSMENT 2 – DRUG EDUCATION				

Spring/Summer RSE	Aim of the lesson	Resources / print	Modern British Values	Careers
-------------------	-------------------	-------------------	-----------------------	---------

Spring/Summer Health Education & Economic Education	Aim of the lesson	Resources / Print	Modern British Values	Careers
Lesson 15	Importance of sleep	PowerPoint, resources needed in folder, the pdf has more resources than necessary you will need the case study resource on page 43, 44, 45, 46 and 47. Tier 2 Vocabulary – sufficient, pivotal, hindrance Tier 3 Vocabulary – Sleep	Individual liberty	Medical professional Sleep cycle researcher

		cycle, REM sleep, cortisol		
Lesson 16	Video games and the impact on health. Consequences of a gaming addiction. Make links to gambling.	PowerPoint. Tier 2 Vocabulary – turbulent, subsequent, albeit Tier 3 Vocabulary – Addiction, World Health Organisation, gambling	Mutual respect Individual liberty	Addiction counsellor
Lesson 17	Promoting emotional well-being. Healthy and unhealthy coping strategies. Link to eating disorders.	PowerPoint, focus on challenging the stereotype that eating disorders only happen to women. Resource 1: Emotional Wellbeing Strategies Diamond 9, Resource 2: Assess the risk, Resource 3: Healthy ways to promote emotional wellbeing, Resource 4: Summary sheet. Tier 2 Vocabulary – advocate, assimilate, articulate Tier 3 Vocabulary – Emotional well-being, emotional intelligence, social support	Individual liberty	Psychologist

	Aim of the lesson	Resources / Print	Modern British Values	Careers
Lesson 18	Mental health – changes that occur. Raising awareness of mental health issues males face.	PowerPoint, resources in folder to print, documentary by Roman Kemp. Tier 2 Vocabulary – turbulent, advocate, consider Tier 3 Vocabulary – Depression, anxiety, suicide	Individual liberty	Mental health nurse Psychiatrist Support worker
	CHECKPOINT 3			
Lesson 19	To gain awareness of the different types of mental health illnesses.	PowerPoint Tier 2 Vocabulary – advocate, attribute, benign Tier 3 Vocabulary – Depression, anxiety, therapy	Individual liberty	Mental health nurse Psychiatrist Support worker
Lesson 20	Refresher on CPR.	PowerPoint. CPR kits from A.Orlandini	Individual liberty The rule of law Respect of other faiths	GP Medical professional Any industry – first aid

		<p>Tier 2 Vocabulary – productive, advocate, collaboration</p> <p>Tier 3 Vocabulary – Cardio-pulmonary resuscitation [CPR], automated external defibrillator [AED], recovery position</p>	and beliefs	skills are a requirement for some jobs.
Lesson 21	Reframing negative thinking.	<p>PowerPoint.</p> <p>Tier 2 Vocabulary – advocate, feasible, hierarchical</p> <p>Tier 3 Vocabulary – dysfunctional thinking, positive self-talk, social support</p>	Individual liberty	Mental health worker Any medical profession
	ASSESSMENT 3 – HEALTH EDUCATION			

**\*Subject to change depending on the needs of the year group\***

**\*School counsellor consulted and SOW discussed\***