

Year 10 Lifeskills Programme 2022/23



Yr10 Lifeskills

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	Topic(s) 1 (8 lessons)	Learning Objectives
JKA/ SMD	<ul style="list-style-type: none"> Employability and Personal DevelopmentHealth and safety at work Trade unions Business structure and organisation Business and finance Entrepreneurship and risk Personal development 	<ul style="list-style-type: none"> Recognise the difference between negotiation & persuasion. Reflect on where they have seen them in action Understand how both are key to being enterprising Identify the core transferable skills needed to effectively persuade others Identify problems of different scales and what is needed to solve them as well as illustrate the use of an adaptable approach to P/S Understand the P/S is a transferable skill which can be used in teams Identify key leadership qualities Give examples of leadership and recognise that anyone can be a leader Understand the importance of teamwork as a leader Identify the essential aspects of good communication and the consequences of poor communication Reflect on where they see innovation being used how to evaluate strengths and interests in relation to career development strategies for overcoming challenges or adversity about responsibilities in the workplace how to manage practical problems and health and safety how to maintain a positive personal presence online how to evaluate and build on the learning from work experience
SCE/CIS	Healthy Relationships & SRE <ul style="list-style-type: none"> FGM Marriage, Divorce & Forced Marriage Parenting Stalking Revenge Porn Healthy and Unhealthy Relationships Sexual Relationships Pregnancy and Teenage pregnancy 	<ul style="list-style-type: none"> Positive and Negative relationships, identifying and reporting abusive relationships controlling relationships and stalking about identifying sexual harassment/ abuse about myths, assumptions, misconceptions and social norms about sex, gender and relationships about the portrayal of sex and relationship dynamics through the media and pornography and its impact on sexual attitudes, expectations and behaviours about relationships online and online safety about taking and sharing 'nudes', revenge porn and sexual images about identifying arranged/ forced Marriage Honour Based violence and FGM Parenting skills and teen pregnancy

ACN/ JP	<p>Body Image</p> <ul style="list-style-type: none">• Cosmetic procedures• Tattoos and piercings <p>Confident Me Resources Confident Me 5 Sessions</p> <ul style="list-style-type: none">• Appearance Ideals• Media Messages• Confront comparisons• Banish Bodytalk• Be the change	<ul style="list-style-type: none">• Understand the impact the media has on our self-image• The impact our self-image has on our self-esteem• How to tackle negative messages about body image• Be aware of the pressure on YP to change how they look through cosmetic procedures• Understand the risk associated with tattoos and piercings
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	Topic(s) 2 (8 lessons)	Learning Objectives
	Drugs, Alcohol & Vaping/smoking	<ul style="list-style-type: none"> • Types of substances • Understand the effects of substances on the body • Young people and binge drinking awareness • The impact of alcohol on sexual inhibitions and vulnerability and decision making • The dangers of vaping/smoking • Health implications e.g. cancer
JKA/ SMD	The Digital world and UK Law <ul style="list-style-type: none"> • Anti social behaviour • Crime gangs and County lines • How does the UK legal system work • Criminal justice in the UK • The dark web • Digital footprints • Gambling and online gaming • Cybercrime and online fraud 	<ul style="list-style-type: none"> • Describe what the different types of scams are and what they look like. • Identify how we can take steps to manage our digital footprints, the types of content we would not want future employers to see and describe what the digital footprint of celebrities has revealed about them, even when deleted. • Explain the impact a negative digital footprint can have on our future career and relationship prospects as well as how you can take immediate measures to prevent a negative digital footprint • Correctly identify the dangers of gambling and how they are everywhere in modern life. • Describe how it can be difficult it can be to avoid situations where you gamble, especially if you've done it before. • Explain how online gambling sites use certain methods to hook in young people and why these are hard to resist. • Correctly identify the dangers of accessing, browsing and purchasing from the dark web. • Describe the differences between the dark web and the visible web and how criminal activity is detected online. • Explain the legal ramifications and consequences of illegal web activity, and use new terminology to explain how the dark web operates. • The UK legal system • Criminal Law in the UK and punishment (Prison, probation, community service etc)

ACN/ JP	<p>Addressing Extremism & Radicalisation</p> <ul style="list-style-type: none"> • Why do people become extremists? • Understanding and preventing radicalisation <p>Community Issues</p> <ul style="list-style-type: none"> • Community cohesion • Diversity • Homelessness • Improving communities • Overt and covert racism 	<ul style="list-style-type: none"> • about how social media may distort, mis-represent or target information in order to influence beliefs and opinions • how to manage conflicting views and misleading information • how to safely challenge discrimination, including online • how to recognise and respond to extremism and radicalisation • distinguish violent extremism from legitimate behaviours in a democracy • demonstrate the ability to advise someone who is worried about another's behaviour • identify behaviours which contribute to community efforts to reduce the risk of violent extremism • about communities, inclusion, respect and belonging • about the Equality Act, diversity and values • Current community issues: Homelessness • Change in communities • What are microaggression and unconscious bias?
SCE/CIS	<p>Mental Health and well being</p> <ul style="list-style-type: none"> • 2 x Mandy Mindfulness • Attitudes to Mental Health • Why do people commit suicide? • 5 x PHSE MH and Well-being lessons <p>KS3 (Link here)</p>	<ul style="list-style-type: none"> • How to relax and manage strong emotions through mindfulness • evaluate the links between mental health and physical health • identify common misconceptions about mental health • recognise and challenge prejudice and discriminatory language and behaviour, in relation to mental health • Correctly identify the warning signs of depression and/or suicide • Describe factors that contribute towards people taking their own life • evaluate the links between mental health and physical health • identify common misconceptions about mental health • recognise and challenge prejudice and discriminatory language and behaviour, in relation to mental health • evaluate the links between mental health and physical health • identify common misconceptions about mental health • recognise and challenge prejudice and discriminatory language and behaviour, in relation to mental health • evaluate the links between mental health and physical health • identify common misconceptions about mental health • recognise and challenge prejudice and discriminatory language and behaviour, in relation to mental health • evaluate the links between mental health and physical health • identify common misconceptions about mental health • recognise and challenge prejudice and discriminatory language and behaviour, in relation to mental health • evaluate the links between mental health and physical health • identify common misconceptions about mental health

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		<ul style="list-style-type: none">• recognise and challenge prejudice and discriminatory language and behaviour, in relation to mental health
Summer term (9 weeks) All staff	OSA Digital Literacy course (3-4 lessons) <ul style="list-style-type: none">• Pupils will use own devices to access or IT room can be booked EDI focus project Round Square/Make a difference day project TBC	<ul style="list-style-type: none">• Acquire OSA certificate in Online safety • Contribute to the School EDI action plan and MAD day preparation