

Y10

TERM 1
My Health: Created & Loved by God
DRUGS & ALCOHOL



S T A T U T O R Y	The facts about illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions		The law relating to the supply and possession of illegal substances.		The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.	
I N T E N T	Illegal Drugs		Addiction		The Law	
	Alcohol Misuse		Recovery			
K N O W L E D G E	CANNABIS IS THE MOST COMMONLY ABUSED DRUG IN THE UK, FOLLOWED BY COCAINE. CANNABIS HAS A RANGE OF EFFECTS FROM MAKING A PERSON HAPPY AND GIGGLY, TO CONFUSED AND PARANOID COCAINE IS A STIMULANT THAT MAKES A PERSON MORE ALERT BUT CAN INCREASE ANXIETY AND LEAD TO HEART ATTACKS KETAMINE IS A POWERFUL ANAESTHETIC THAT CAN CAUSE SERIOUS HARM		REGULAR CANNABIS USE CAN IMPAIR MEMORY AND INCREASE DEPRESSION AND ANXIETY REGULAR COCAINE USE CAN LEAD TO INCREASED PARANOIA, PANIC ATTACKS AND HALLUCINATIONS DRUG USE AND MENTAL HEALTH CONDITIONS OFTEN EXIST AS A VICIOUS CYCLE		CANNABIS IS A CLASS B DRUG, MAKING IT ILLEGAL TO HAVE, GIVE AWAY OR SELL POSSESSION CAN LEAD TO 5 YEARS IN PRISON, SUPPLY CAN LEAD TO A 14 YEAR SENTENCE COCAINE IS A CLASS A DRUG MAKING IT ILLEGAL TO HAVE, GIVE AWAY OR SELL POSSESSION CAN LEAD TO 7 YEARS IN PRISON, SUPPLY CAN TO LEAD TO A LIFE SENTENCE	
	STRESS CAN OFTEN BE A GATEWAY TO ALCOHOL MISUSE BINGE DRINKING INVOLVES SHORT TERM EXCESS CONSUMPTION AND HAS NEGATIVE CONSEQUENCES ALCOHOL IS MEASURED IN UNITS AND THERE ARE RECOMMENDATIONS REGARDING WEEKLY CONSUMPTION		SIGN OF ALCOHOLISM INCLUDE INTENSE CRAVINGS AND DRINKING AT INAPPROPRIATE TIMES ALCOHOLICS ANONYMOUS IS AN ORGANISATION THAT HELPS ADDICTS TO RECOVER ALCOHOLICS ANONYMOUS SUGGEST 12 QUESTIONS THAT YOUNG PEOPLE SHOULD CONSIDER IF THEIR DRINKING IS A PROBLEM			
C A T H O L I C I T Y	To understand that their uniqueness, value and dignity derive from God and hence, recognise the respect they should have for themselves		Respectful of their own bodies, character and giftedness		Self-disciplined and able to delay or forego gratification for the sake of greater goods	
					Discerning in their decision making, able to exercise wisdom and good judgement	
V I R T U E S	REFLECTION, SELF-CONTROL & GRATITUDE					

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TERM 2

My Relationships: Created to love others

LONG-TERM RELATIONSHIPS

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The characteristics and legal status of other types of long-term relationships

That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.

What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony

That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners

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Long-term Relationships

Unhealthy Relationships

The Law

Attraction

Pornography

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THAT OUR ACADEMY CATHOLIC VIRTUES LAY A SOLID FOUNDATION FOR POSITIVE RELATIONSHIPS

SUPPORT, TRUST, RESPECT AND EQUALITY ARE KEY ELEMENTS IN A POSITIVE RELATIONSHIP

CATHOLICS BELIEVE THAT FORGIVENESS IS A KEY ELEMENT IN A POSITIVE RELATIONSHIP

YOUNG ADULTS ARE THE AGE GROUP MOST LIKELY TO SUFFER DOMESTIC ABUSE

UNHEALTHY RELATIONSHIPS OFTEN DISPLAY SIGNS OF CONTROL AND ABUSE

SUPPORT CAN BE FOUND VIA OUR SAFEGUARDING TEAM, LOVERESPECT.CO.UK AND THE POLICE IF THERE IS IMMEDIATE DANGER

LIVING TOGETHER PROVIDES LESS LEGAL PROTECTION THAN OTHER FORMAL OPTIONS

THE CATHOLIC CHURCH HAS A CLEARLY DEFINED VIEW OF MARRIAGE

A WILL IS A KEY LEGAL DOCUMENT THAT SHOULD BE CREATED WHEN A PERSON IS IN A LONG TERM RELATIONSHIP

THERE ARE DIFFERENT TYPES OF ATTRACTION AND SEXUAL ORIENTATION

THE CATHOLIC CHURCH BELIEVES THAT SENSUAL PLEASURE IS A GIFT FROM GOD BUT SEX SHOULD BE DELAYED UNTIL MARRIAGE

A PERSON'S SEXUAL ORIENTATION CAN VARY OVER TIME

THE OPPORTUNITIES FOR TEENAGERS TO ACCESS PORNOGRAPHY HAS INCREASED

SEXUAL CONSENT IS RARELY SEEN IN PORNOGRAPHY

PORNOGRAPHY EXPOSURE CAN LEAD TO INCREASED SEXUAL AGGRESSION AND ISSUES WITH BODY IMAGE

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To understand the importance of self-giving love and forgiveness in a relationship

The importance of the school, the parish and other Catholic voluntary organisations in providing help and advice for young people

The role of marriage as the basis of family life and its importance to the bringing up of children, including an understanding of how the Church supports family life

The nature and importance of marriage; the distinctions between marriage in Church teaching, including sacramental marriage, civil marriage, civil partnerships and other stable, long-term relationships

To understand what the Church teaches about marriage, and when it is a sacrament and the distinction between separation, divorce and nullity

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LOVE, RESPECT & FORGIVENESS

Y10

TERM 3
My World: Created to live in communities
NEXT STEPS



S T A T U T O R Y	A stable careers programme		Learning from career and labour market information		Addressing the needs of each pupil		Experiences of workplaces	
I N T E N T	Employability Skills	Further Education (sixth forms)	Further Education (colleges)		Work Experience		Labour Market Information	
K N O W L E D G E	WHAT EMPLOYABILITY SKILLS ARE UK EMPLOYERS CURRENTLY SEEKING? WHAT SKILLS CAN YOU CURRENTLY OFFER AN EMPLOYER? WHICH CAREERS SUIT YOUR OWN PERSONAL SKILLS?	WHAT PATHWAYS DOES SSPP SIXTH FORM OFFER STUDENTS? WHAT COURSES DOES LINCOLN COLLEGE OFFER STUDENTS THAT SSPP SIXTH FORM CANNOT? WHAT ARE APPRENTICESHIPS AND T-LEVELS	WHAT IS HIGHER EDUCATION? WHAT CAREERS REQUIRE HIGHER EDUCATION? WHAT INFORMATION CAN BE FOUND ON THE UCAS WEBSITE THAT COULD HELP NEXT STEPS DECISIONS?		HOW DOES WORK EXPERIENCE ADD VALUE? HOW CAN YOU ARRANGE WORK EXPERIENCE?		WHERE CAN I FIND INFORMATION ON LOCAL JOB VACANCIES? HOW CAN I FIND OUT WHICH JOBS ARE 'IN DEMAND' ? WHAT INTERNATIONAL OPPORTUNITIES MIGHT BE AVAILABLE TO ME?	
C A T H O L I C I T Y	Just, understanding the impact of their actions locally, nationally and globally, including the knowledge and understanding to ensure that such judgements are well-informed					Self-giving, able to put aside their own wants in order to serve others locally, nationally and globally, including a recognition of the importance of service as the purpose of human life		
V I R T U E S	LOVE OF LEARNING AND CONFIDENCE							

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TERM 4
My Health: Created & loved by God
EMOTIONAL WELL-BEING



S T A T U T O R Y	<i>That happiness is linked to being connected to others</i>	<i>How to recognise the early signs of mental wellbeing concerns</i>	<i>Common types of mental ill health (e.g. anxiety and depression)</i>	<i>How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health</i>	<i>The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness</i>
I N T E N T	Emotional well-being	Daily Actions	Coping with Change	Self-Care	Unhealthy Coping Strategies
K N O W L E D G E	<p>WHICH ACADEMY VIRTUE IS AT THE HEART OF EMOTIONAL WELL-BEING?</p> <p>WHAT EMOTIONS WILL BE INCREASED AS WELL-BEING IMPROVES?</p> <p>WHAT EMOTIONS WILL BE DECREASED AS WELL-BEING IMPROVES?</p>	<p>WHAT EVIDENCE IS THERE THAT TEENAGERS' EMOTIONAL HEALTH IS UNDER THREAT?</p> <p>WHICH TWO SITUATIONS SHOULD WE BE CAUTIOUS IN?</p> <p>WHAT DOES THE ACRONYM T.H.I.N.K STAND FOR WHEN CONSIDERING WHAT WE SAY?</p>	<p>WHAT SORT OF LIFE CHANGES COULD A TEENAGER EXPERIENCE?</p> <p>WHAT ROLE DO PEERS PLAY IN SUPPORTING EACH OTHER THROUGH CHANGE?</p> <p>WHAT ADVICE COULD YOU GIVE SOMEBODY EXPERIENCING CHANGE?</p>	<p>WHAT ADVICE COULD YOU GIVE SOMEBODY ABOUT WHAT NOT TO DO WHEN FEELING EMOTIONALLY UNWELL?</p> <p>HOW DOES PHYSICAL HEALTH LINK TO EMOTIONAL WELL-BEING?</p> <p>WHY SHOULD PEOPLE TALK ABOUT THEIR EMOTIONS?</p>	<p>WHAT UNHEALTHY COPING STRATEGIES DO TEENAGERS SOMETIMES USE?</p> <p>WHAT SIGNALS COULD A FRIEND GIVE THAT THEY ARE USING UNHEALTHY COPING STRATEGIES?</p> <p>WHAT SUPPORT IS AVAILABLE?</p>
C A T H O L I C I T Y	<i>How virtues, values, attitudes and beliefs can drive a growing sense of purpose for their lives</i>	<i>To evaluate the extent to which their self-confidence and self-esteem are affected by the judgments of others</i>	<i>The role peers can play in supporting one another</i>	<i>The importance of the school, the parish and other Catholic voluntary organisations in providing help and advice for young people</i>	
V I R T U E S	REFLECTION & COMPASSION				

Y10

TERM 5

My Relationships: Created to love others
PREGNANCY & PARENTING


S T A T U T O R Y	<i>The facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause</i>	<i>The facts around pregnancy including miscarriage.</i>	<i>That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).</i>	<i>That there are different types of committed, stable relationships.</i>	<i>How these relationships might contribute to human happiness and their importance for bringing up children</i>	<i>The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.</i>
I N T E N T	Fertility	Pregnancy	Pregnancy Choices	Long-term Relationships	Successful Parenting	
K N O W L E D G E	HOW COMMON IS INFERTILITY? HOW DOES AGE AFFECT FERTILITY? WHAT LIFESTYLE CHOICES CAN AFFECT FERTILITY?	CAN YOU LIST SOME OF THE PHYSICAL CHANGES THAT THE BODY GOES THROUGH DURING PREGNANCY? CAN YOU IDENTIFY A PREGNANCY MYTH? HOW COMMON IS MISCARRIAGE?	WHAT ARE THE THREE CHOICES AVAILABLE IF A PERSON FALLS PREGNANT? WHERE CAN THEY FIND SUPPORT? WHAT ROLE DO FRIENDS AND PARTNERS HAVE WHEN A PERSON FALLS UNEXPECTEDLY PREGNANT?	WHAT DIFFERENT TYPES OF MARRIAGE ARE THERE? WHAT IS A CIVIL PARTNERSHIP? WHY IS A WILL IMPORTANT FOR COUPLES WHO CHOOSE TO CO-HABIT?	WHAT DOES THE CATHOLIC CHURCH BELIEVE TO BE THE BEST ENVIRONMENT TO BRING UP CHILDREN? WHAT ARE THE FOUR STYLES OF PARENTING? WHICH STYLE OF PARENTING IS REGARDED AS BEST AND CAN YOU DESCRIBE IT?	
C A T H O L I C I T Y	<i>The Church's teaching on the morality of natural and artificial methods of managing fertility</i>	<i>The importance and benefits of delaying sexual intercourse until ready, considering the idea of appropriateness and the importance of marriage</i>	<i>The role of marriage as the basis of family life and its importance to the bringing up of children, including an understanding of how the Church supports family life</i>	<i>To be able to discuss faith and personal belief sensitively, demonstrating mutual respect</i>		
V I R T U E S	COMPASSION & RESILIENCE					

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TERM 6
My World: created to live in communities
SECURE FINANCIAL FUTURES

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Income and expenditure, credit and debt, insurance, savings and pensions, financial products and services, and how public money is raised and spent (CITIZENSHIP)

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Cost of Living

Labour Market Information

Borrowing Money

Saving Money

Scams

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WHAT IS THE AVERAGE SALARY IN LINCOLNSHIRE?

WHAT DOES THE AVERAGE SALARY AFFORD A PERSON IN LINCOLNSHIRE?

WHAT DIFFERENCE COULD A SALARY OF £40K PER YEAR MAKE TO A PERSON'S SPENDING POWER?

WHAT ADVANTAGES DOES LABOUR MARKET INFORMATION GIVE JOB-SEEKERS?

WHO ARE THE BIGGEST EMPLOYERS IN LINCOLNSHIRE?

WHICH CAREER SECTORS ARE GROWING IN LINCOLNSHIRE?

CAN YOU EXPLAIN THE DIFFERENCE BETWEEN A CREDIT CARD AND A DEBIT CARD?

IS IT POSSIBLE TO LIVE WITHOUT BORROWING MONEY?

WHAT CONSIDERATIONS SHOULD WE MAKE WHEN BORROWING MONEY?

WHAT ARE THE DIFFERENT WAYS TO SAVE?

WHAT IS THE ADVANTAGE OF SAVING?

WHAT IS A PENSION AND HOW WILL IT EFFECT YOUR LIFE?

WHAT DO WE MEAN BY A SCAM?

CAN YOU DESCRIBE A COMMON FINANCIAL SCAM IN THE UK?

HOW CAN WE PROTECT OURSELVES AGAINST SCAMMERS?

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The role peers can play in supporting one another

The importance of the school, the parish and other Catholic voluntary organisations in providing help and advice for young people

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COMPASSION & RESILIENCE