TERM 1 **Y11** My Health: Created & Loved by God **HEALTHY LIFESTYLES** The importance of sufficient good quality The benefits of regular self-examination About the science relating to blood, organ The facts and science relating to and stem cell donation. sleep for good health and how a lack of immunisation and vaccination. and screening. sleep can affect weight, mood and ability to learn. Т 0 R γ **Cosmetic Procedures Vaccinations Self-examination Organ Donation** Screentime Ν Т Ε N Т Κ WHY ARE SMARTPHONE APPS DESIGNED TO BE CAN YOU IDENTIFY THREE BASIC RISKS OF HOW DO CHILDREN GET VACCINATED IN THE CAN YOU DESCRIBE A BASIC SELF-WHAT IS MEANT BY THE UK'S 'OPT OUT' ADDICTIVE? COSMETIC SURGERY? **EXAMINATION FOR BREAST CANCER?** SYSTEM FOR ORGAN DONATION? 0 W WHAT IS A SEDENTARY LIFESTYLE AND WHY IS WHAT SHOULD A PERSON CONSIDER BEFORE CAN YOU EXPLAIN HOW A VACCINE WORKS? CAN YOU DESCRIBE A BASIC SELF-CAN YOU IDENTIFY ANY PRIORITY GROUPS FOR **EXAMINATION FOR TESTICULAR CANCER?** IT DANGEROUS? HAVING A TATTOO? **BLOOD DONATION?** CAN YOU IDENTIFY ANY COMMON MYTHS CAN YOU OUTLINE BOTH PROS AND CONS OF **CAN SUNBEDS EVER BE CONSIDERED SAFE?** ABOUT VACCINES THAT ARE OFTEN SPREAD BY WHAT SHOULD A PERSON DO IF THEY DETECT CAN YOU EXPLAIN THE PROCESS FOR STEM D **SCREENTIME** SOCIAL MEDIA? **CHANGES OR LUMPS? CELL DONATION?** G Ε Respectful of their own bodies, Discerning in their decision To recognise their responsibilities To debate moral questions in a character and giftedness, including towards others, and the human way which is well informed, making, able to exercise wisdom their emerging sexual identity dignity of others in God's eyes nuanced and sensitive, taking into and good judgement account the teaching of the Catholic Church in the relevant areas

REFLECTION, GRATITUDE & COMPASSION

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TERM 2 My Relationships: Created to love others MANAGING RELATIONSHIPS



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.

How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.

What constitutes sexual harassment and sexual violence and why these are always unacceptable.

What to do and where to get support to report material or manage issues online

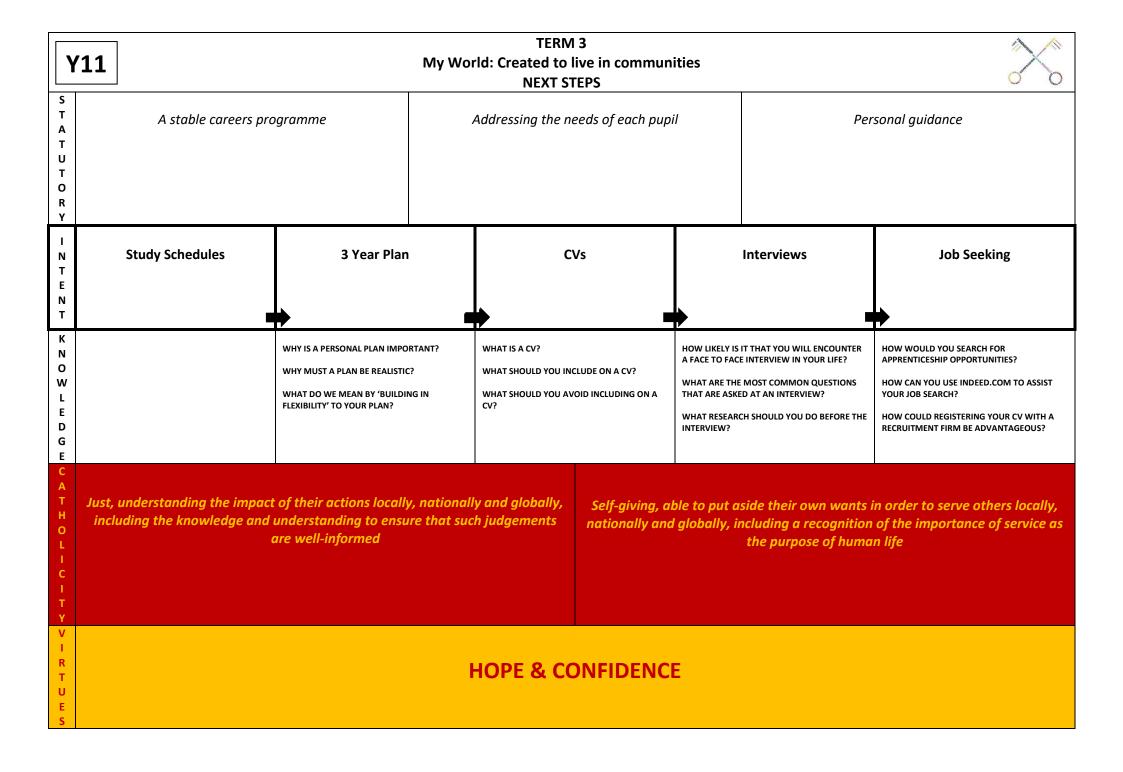
N	Stages of Relationships	Online Relationships	Online Dating	Stalking & Harassment	Relationship Support
T E N T					
O W N	CAN YOU LIST THE 6 STAGES OF A RELATIONSHIP? WHAT IS THE COMMON NICKNAME FOR THE FIRST STAGE OF A RELATIONSHIP? HOW CAN OUR ACADEMY VIRTUES HELP A RELATIONSHIP TO FLOURISH?	HOW HAS DATING CHANGED IN THE LAST 20 YEARS? CAN YOU LIST THE FOUR MAJOR THREATS WHEN CONDUCTING ONLINE RELATIONSHIPS? CAN YOU IDENTIFY THE WEBSITE WHERE YOU CAN REPORT INAPPROPRIATE ONLINE BEHAVIOUR?	CAN YOU DESCRIBE THE RISKS WITH ONLINE DATING? WHAT IS THE LAW RELATING TO SEXTING? WHICH LAWS PROTECT PEOPLE FROM INAPPROPRIATE ONLINE BEHAVIOUR?	CAN YOU DESCRIBE WHAT CYBERSTALKING IS? CAN YOU EXPLAIN WHAT CONSTITUTES HARASSMENT? DO YOU KNOW WHO TO CONTACT IF YOU ARE A VICTIM?	CAN YOU DESCRIBE THE RELATIONSHIP CONTINUUM? HOW WOULD YOU RECOGNISE AN UNHEALTHY OR TOXIC RELATIONSHIP? CAN YOU IDENTIFY THREE WEBSITES THAT OFFER RELATIONSHIP SUPPORT FOR TEENS?

To recognise their responsibilities towards others, and the human dignity of others in God's eyes

To manage changes in personal relationships including the ending of relationships

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

RESPECT, HONESTY & SELF-CONTROL



	TERM 4							
}	Y11			My Health: Created & loved by God				Control of the Contro
	PERSONAL SAFETY							0 0
S T A T U T O R	Basic treatment for common injuries		Life-saving skills, including how to administer CPR			ister CPR	Income and expenditure, credit and debt, insurance, savings and pensions, financial products and services, and how public money is raised and spent	
1	De versel Cofet			= *				O contract
N T	Personal Satety	Personal Safety			First Aid			Gambling
E	E							
N T								
K N O W L E D G	WHY ARE TEENAGERS SEEMINGLY ATTRACTED TO TAKING RISKS? CAN YOU GIVE SOME ADVICE THAT COULD MAKE WALKING UNACCOMPANIED A BIT SAFER? WHAT DOES THE PHRASE 'SPEAK UP TO SLOW DOWN' MEAN WHEN REFERRING TO TEENAGED CAR PASSENGERS?	HOW DO YOU CONTACT THE EMER SERVICES IN THE UK? HOW DO YOU CONDUCT A PRIMAR OF A FIRST AID SITUATION? WHEN AND HOW DO YOU PLACE A IN THE RECOVERY POSITION?	RY SURVEY	CASUALTY? CAN YOU DESCRIBE THE RECOMMENDED WHAT ARE THE TECHNIQUES FOR DOING CPR? WHAT IS AN AED, AND WHERE CAN YOU FIND WHAT OPPORT			REE STAGES OF FIRST AID IF ING? TIES DO ST JOHN'S	WHAT DO WE MEAN BY GAMBLING? WHAT ARE THE RISKS ASSOCIATED WITH GAMBLING? WHERE CAN SUPPORT BE FOUND FOR THOSE THAT DEVELOP A GAMBLING PROBLEM?
C A T H O L I C I T Y	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				To recognise their responsibilities towards others, and the human dignity of others in God's eyes			
V I R T U E S	COMPASSION & RESILIENCE							

Y	11					
S T A T U T O R	That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	Why marriage is an important relationship choice for many couples and why it must be freely entered into	The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships			
I N T E N T	Domestic abuse	Forced marriage & honour-based violence	FGM			
K N O W L E D G E	WHAT DO WE MEAN BY DOMESTIC ABUSE? HOW COULD WE RECOGNISE INDICATORS THAT SOMEBODY IS BEING ABUSED? WHAT ACTION SHOULD YOU TAKE IF YOU SUSPECT THAT A PERSON IS BEING ABUSED?	WHAT IS FORCED MARRIAGE? WHO COULD BE AT RISK FROM FORCED MARRIAGE? WHAT SHOULD YOU DO IF YOU SUSPECT SOMEONE IS AT RISK FROM FORCED MARRIAGE?	WHAT IS FGM? WHO COULD BE AT RISK FROM FGM? WHAT SHOULD YOU DO IF YOU SUSPECT SOMEONE IS AT RISK FROM FGM?			
C A T H O L C T Y	To recognise their responsibilities towards others, and the human dignity of others in God's eyes	To recognise their responsibilities towards others, and the human dignity of others in God's eyes	To recognise that they are responsible for their own behaviour and how to inform their conscience			
V I R T U E S	LOVE & COMPASSION					