

Y9

TERM 4

# My Health: Created & Loved by God

## SUBSTANCE ABUSE

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The facts about legal and 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 physical and psychological consequences of addiction, including alcohol dependency*

*Awareness of the dangers of drugs which are prescribed but still present serious health risks.*

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Medicines

Myths

Alcohol &amp; Tobacco

Consequences

Addiction

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MEDICINES ARE TO BE RESPECTED AND SHOULD BE USED WITH CAUTION

THE NAMES AND INTENDED USES OF COMMON MEDICINES SUCH AS PARACETOMOL, IBUPROFEN AND ANTIHISTAMINES

KNOW THAT ANTIBIOTICS SHOULD ONLY BE TAKEN AS PRESCRIBED BY A DOCTOR AND THAT ANTIBIOTIC RESISTANCE IS A PROBLEM

MARIJUANA IS ADDICTIVE AND CAN DAMAGE MENTAL HEALTH

ALCOHOL DEPENDANCE IS BECOMING MORE COMMON IN THE UK AND CAN RUIN LIVES

VAPING IS NOT COMPLETELY SAFE AND CAN DAMAGE A PERSON'S LUNGS

THE LEGAL AGE FOR ALCOHOL AND TOBACCO PURCHASE AND CONSUMPTION IS 18

ALCOHOL IS ADDICTIVE AND REDUCES A PERSON'S SELF-CONTROL MAKING THEM VULNERABLE

SMOKING INCREASES A PERSON'S CHANCES OF GETTING HEART DISEASE, LUNG CANCER AND BLOOD CLOTS

ADDICTIVE SUBSTANCES CAN AFFECT YOUR PHYSICAL APPEARANCE IN A NEGATIVE WAY

ADDICTIVE SUBSTANCES OFTEN PUT ON A STRAIN ON FRIENDSHIPS

ADDICTIVE SUBSTANCES CREATE A FINANCIAL BURDEN THAT HAS NEGATIVE CONSEQUENCES

ADDICTION IS A CHRONIC DEPENDANCE ON A SPECIFIC SUBSTANCE OR ACTIVITY

PEOPLE BECOME ADDICTED TO THINGS THAT GIVE THEM PLEASURE

ORGANISATIONS SUCH AS TALK TO FRANK, MARIJUANA-ANONYMOUS AND WE ARE WITH YOU ALL OFFER SUPPORT FOR ADDICTS

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*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*

*To distinguish 'needs' from 'wants'*

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**REFLECTION, SELF-CONTROL & GRATITUDE**





S T A T U T O R Y	That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.		Not to provide material to others that they would not want shared further and not to share personal material which is sent to them		What to do and where to get support to report material or manage issues online		That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.	
	Peer Pressure		Risk Taking		Gang Culture		County Lines	
I N T E N T								
	<p>PEERS ARE PEOPLE OF A SIMILAR AGE WHO HAVE INTERESTS SIMILAR TO YOUR OWN</p> <p>PEER PRESSURE CAN BE DIRECT OR INDIRECT</p> <p>COMMON ISSUES WITH PEER PRESSURE INVOLVE ILLEGAL SUBSTANCES, BULLYING, BODY IMAGE, SEX AND ANTI-SOCIAL BEHAVIOUR</p>		<p>RISK TAKING IS AN IMPORTANT PART OF GROWING UP BUT MUST BE DONE CAREFULLY</p> <p>THE TEENAGED BRAIN IS NOT PARTICULARLY ADEPT AT CONSIDERING THE CONSEQUENCES OF BEHAVIOUR</p> <p>SEEKING PEER APPROVAL IS A KEY FACTOR IN RISKY BEHAVIOUR</p>		<p>GANGS WILL OFTEN LAY CLAIM TO TERRITORY AND ENGAGE IN CRIMINAL ACTIVITY</p> <p>REASONS GIVEN FOR GANG MEMBERSHIP INCLUDE PROTECTION, ACCEPTANCE AND SOCIAL STATUS</p> <p>WHAT 'COUNTY-LINES' BEHAVIOUR RED FLAGS ARE AND HOW TO REPORT IT</p>		<p>EXITING A GANG CAN BE A DIFFICULT AND DANGEROUS PROCESS</p> <p>MOST GANG MEMBERS ARE MOTIVATED TO LEAVE AFTER A SERIOUS INCIDENT OFTEN INVOLVING ASSAULT OR MURDER</p> <p>GANGSLINE ARE AN ORGANISATION WHO CAN OFFER SUPPORT FOR THOSE WISHING TO EXIT A GANG</p>	
K N O W L E D G E								
C A T H O L I C I T Y	To recognise that they are responsible for their own behaviour and how to inform their conscience		How to discuss religious faith and personal beliefs with others		To discuss moral questions in a balanced and well informed way		They have responsibilities towards their local, global and national community and creation	
V I R T U E S	CONFIDENCE, RESILIENCE & SELF-CONTROL							

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



S T A T U T O R Y	A stable careers programme		Addressing the needs of each pupil		Linking curriculum learning to careers	
	successatschool.org		Languages Careers		History Careers	
I N T E N T	successatschool.org		Languages Careers		History Careers	
	successatschool.org		Languages Careers		History Careers	
K N O W L E D G E	HOW CAN YOU ACCESS SUCCESSATSCHOOL? WHAT DO WE MEAN BY 'CAREER ZONES'? LIST THREE WAYS THAT SUCCESSATSCHOOL COULD HELP YOU PLAN YOUR NEXT STEPS?		LANGUAGES HELP TO DEVELOP THE EMPLOYABILITY SKILLS OF LISTENING, SPEAKING LANGUAGES ARE EBACC SUBJECTS AND WILL IMPRESS EMPLOYERS CAREERS COMMON FOR LINGUISTS INCLUDE TRANSLATOR, PR OFFICER, RISK ANALYST AND BROADCAST JOURNALIST		WHAT EMPLOYABILITY SKILLS ARE DEVELOPED WHEN STUDYING HISTORY? CAN YOU IDENTIFY THREE CAREERS THAT ARE COMMON FOR THOSE THAT STUDY HISTORY? WHAT IS THE CONNECTION BETWEEN STUDYING HISTORY AND BECOMING A LAWYER?	
	HOW CAN YOU ACCESS SUCCESSATSCHOOL? WHAT DO WE MEAN BY 'CAREER ZONES'? LIST THREE WAYS THAT SUCCESSATSCHOOL COULD HELP YOU PLAN YOUR NEXT STEPS?		LANGUAGES HELP TO DEVELOP THE EMPLOYABILITY SKILLS OF LISTENING, SPEAKING LANGUAGES ARE EBACC SUBJECTS AND WILL IMPRESS EMPLOYERS CAREERS COMMON FOR LINGUISTS INCLUDE TRANSLATOR, PR OFFICER, RISK ANALYST AND BROADCAST JOURNALIST		WHAT EMPLOYABILITY SKILLS ARE DEVELOPED WHEN STUDYING HISTORY? CAN YOU IDENTIFY THREE CAREERS THAT ARE COMMON FOR THOSE THAT STUDY HISTORY? WHAT IS THE CONNECTION BETWEEN STUDYING HISTORY AND BECOMING A LAWYER?	
C A T H O L I C I T Y	To recognise their personal strengths		To understand that their uniqueness, value and dignity derive from God and hence, recognise the respect they should have for themselves		Appreciate that everybody has responsibilities towards their local, global and national community and creation	
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V I R T U E S	CONFIDENCE & HOPE					

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TERM 1

## My Health: Created & loved by God

### PUBERTY & SEXUAL HEALTH




S T A T U T O R Y	Key facts about puberty, the changing adolescent body and menstrual wellbeing	The main changes which take place in males and females, and the implications for emotional and physical health.	That they have a choice to delay sex or to enjoy intimacy without sex.	The facts about the full range of contraceptive choices, efficacy and options available.	How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.	About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.	How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.
I N T E N T	Puberty 1	Puberty 2	Consent	STIs	Contraception		
K N O W L E D G E	DO BOYS AND GIRLS START PUBERTY AT THE SAME TIME?  IS PUBERTY JUST ABOUT PHYSICAL CHANGES?  WHAT ARE SOME OF THE KEY CHANGES THAT A BOYS WILL EXPERIENCE DURING PUBERTY?	BETWEEN WHAT AGES DO GIRLS TYPICALLY START PUBERTY?  WHAT PHYSICAL CHANGES CAN A GIRL EXPECT DURING PUBERTY?  WHAT EMOTIONAL CHANGES CAN A GIRL EXPECT DURING PUBERTY?	CAN YOU MAKE A LINK BETWEEN OFFERING SOMEBODY A CUP OF TEA AND SEXUAL CONSENT?  WHAT IS THE LEGAL AGE FOR SEXUAL CONSENT IN THE UK?  WHAT ROLE DO THE WORDS 'FREEDOM' AND 'CAPACITY' PLAY IN SEXUAL CONSENT?	WHAT ARE SOME COMMON EXAMPLES OF SEXUALLY TRANSMITTED INFECTIONS?  WHICH COMMON STI OFTEN HAS NO SYMPTOMS?  WHERE CAN YOU BE TESTED FOR STIs IN LINCOLN?	WHAT IS THE CATHOLIC CHURCH'S STANCE ON CONTRACEPTION?  CAN YOU IDENTIFY THREE TYPES OF CONTRACEPTION?  WHERE CAN YOU FIND FURTHER ADVICE REGARDING CONTRACEPTION?		
C A T H O L I C I T Y	To recognise that sexuality is a God-given gift and that sexual intercourse is the most intimate expression of human love and should be delayed until marriage	The importance and benefits of delaying sexual intercourse until ready	About human fertility, methods of managing conception for the purposes of achieving or avoiding pregnancy and the difference between natural and artificial methods	The nature and importance of friendship as the basis of a loving, sexual relationship	Some people will choose to be celibate (unmarried) and to refrain from sexual activity, e.g single people, priests and those in religious life		
V I R T U E S	SELF-CONTROL & RESPECT						

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**TERM 5**  
**My Relationships: Created to love others**  
**SOCIAL MEDIA**



S T A T U T O R Y	How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online).	That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.	The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online	How information and data is generated, collected, shared and used online.	
I N T E N T	Consent	Sexting	Harmful Content	Comparison	Algorithms
K N O W L E D G E	<p>CAN YOU MAKE A LINK BETWEEN OFFERING SOMEBODY A CUP OF TEA AND SEXUAL CONSENT?</p> <p>WHAT IS THE LEGAL AGE FOR SEXUAL CONSENT IN THE UK?</p> <p>WHAT ROLE DO THE WORDS 'FREEDOM' AND 'CAPACITY' PLAY IN SEXUAL CONSENT?</p>	<p>CAN YOU LIST EXAMPLES OF INAPPROPRIATE MESSAGING?</p> <p>HOW COULD A PERSON BE PRESSURED INTO SENDING A NUDE IMAGE?</p> <p>WHERE COULD A PERSON FIND SUPPORT IF THEY GET INTO DIFFICULTY AFTER SENDING AN INAPPROPRIATE MESSAGE?</p>	<p>WHAT IS OBSERVATIONAL LEARNING?</p> <p>CAN YOU LIST TYPES OF MATERIAL THAT WOULD BE UNSUITABLE FOR DIFFERENT AGE GROUPS?</p> <p>HOW COULD VIEWING PORNOGRAPHY AFFECT A PERSON'S UNDERSTANDING OF RELATIONSHIPS?</p>	<p>HOW AND WHEN DO PEOPLE COMPARE THEMSELVES WITH OTHERS?</p> <p>WHAT ROLE DOES SOCIAL MEDIA PLAY IN THESE COMPARISONS?</p> <p>WHY DO PEOPLE LIE ON SOCIAL MEDIA?</p>	<p>WHAT IS AN ALGORITHM?</p> <p>HOW DO SOCIAL MEDIA ALGORITHMS WORK?</p> <p>HOW CAN THEY CREATE 'ECHO CHAMBERS' IN TERMS OF PERSONAL OPINIONS?</p>
C A T H O L I C I T Y	<i>To recognise that sexuality is a God-given gift and that sexual intercourse is the most intimate expression of human love and should be delayed until marriage</i>	<i>To understand that their uniqueness, value and dignity derive from God and hence, recognise the respect they should have for themselves</i>	<i>The nature of sacramental marriage and the importance of marriage as the foundation of society and its role in the domestic Church</i>	<i>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</i>	
V I R T U E S	RESPECT, LOVE & SELF-CONTROL				

Y9		TERM 6 My World: Created to live in communities NEXT STEPS			
STATUS	A stable careers programme	Learning from career and labour market information		Linking curriculum learning to careers	
INTENT	Health Careers	Retail and Merchandising Careers	Construction Careers	Lincolnshire Labour Market	
KNOWLEDGE	HOW BIG AN EMPLOYER IS THE NHS IN THE UK?  CAN YOU NAME FIVE DIFFERENT HEALTH BASED CAREERS?  WHAT IS THE ADDRESS OF THE NHS RECRUITMENT WEBSITE?	WHAT DO CAREERS IN THIS AREA FOCUS ON?  WHAT CONSIDERATIONS NEED TO BE MADE WHEN BRING A PRODUCT TO MARKET?  HOW COMMON ARE JOBS IN THIS FIELD IN LINCOLNSHIRE?	HOW MANY CAREERS CAN YOU NAME WITHIN CONSTRUCTION?  WHAT DOES 'GETTING A TRADE' MEAN?  WHAT DOES LINCOLN COLLEGE OFFER THOSE INTERESTED IN A CAREER IN CONSTRUCTION?	CAN YOU IDENTIFY AREAS OF EMPLOYMENT THAT ARE GROWING IN LINCOLNSHIRE?  CAN YOU IDENTIFY AREAS OF EMPLOYMENT THAT ARE SHRINKING IN LINCOLNSHIRE?  CAN YOU EXPLAIN HOW THIS DATA SHOULD INFLUENCE YOUR NEXT STEPS DECISIONS?	
CATHOLICITY	To recognise their personal strengths		To understand that their uniqueness, value and dignity derive from God and hence, recognise the respect they should have for themselves		Appreciate that everybody has responsibilities towards their local, global and national community and creation
VIRTUES	CONFIDENCE, RESILIENCE & SELF-CONTROL				

