



Learning Journey: Year 10

Life - Long - Learning



Childline
0800 – 11
11



Careers Education – Autumn Term 1

- Opportunities available in/out of school that can prepare you for the workplace
- The the laws governing employment and their rights
- The importance of experiencing the 'work'place/ volunteering
- LMI
- The CV - introduction
- Talk - 6th Form College

Safety Education – Autumn Term 2

- The Law relating to the supply and possession of illegal substances.
- The facts about legal substances and illegal substances
- Awareness of the dangers of drugs which are prescribed
- The facts about the harms from smoking tobacco (particularly the link to lung cancer)
- How to manage peer pressure with regarding to smoking and drugs
- The causes of drug taking, the alternatives and where to get help



Relationships Education – Spring 1

- The importance of Respect, Mutual Respect and Tolerance
- Stereotypes and how these can lead to discrimination.
- The Legal rights and responsibilities regarding equality
- Tackling homophobia, transphobia, sexism, disability and racism and how to do it.

Relationships and sexual health – Spring 2

- To identify Healthy and unhealthy relationships
- Controlling behaviours and how they might manifest in a relationship
- The effects of domestic abuse
- Issues surrounding consent + the law



Health Education – Summer 1

- Revision skills
- Physical effects of stress and how to manage it
- The importance of building in regular exercise and maintaining a healthy weight
- How peer pressure can impact on your physical health

Mental health – Summer 2

- What do we mean by mental health?
- The importance of emotional and mental health and how to control emotions
- To recognise failure as part of life-long learning and know ways of managing resilience
- Life-long strategies to manage mental health
- Tackling stigma
- To understand our role in helping others, recognizing those help signs and know where to get help



LEARNING
HABITS

Hard working
Inquisitive
Resilient



CHARACTER
HABITS

Respectful
Responsible
Aspirational