



Name:  
Teacher:



Childline  
0800 – 11  
11

## Learning Journey: Year 10 Life - Long - Learning

### Safety Education – Autumn Term 1



- 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

### Health Education – Autumn term 2



- 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



### Careers Education – Spring term 1



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

### Relationships Education – Spring term 2

- 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 – Summer 1

- 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

### 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**