

		Healthy relationships	Mental Health	Extremism	Being part of a community	Exploring Influence	Citizenship
<b>Learning outcomes/composite knowledge: Pupils will be able to...</b>		<p>Understand what healthy Relationships are.</p> <p>Understand the impact of the media and pornography.</p>	<p>Understand Mental health and ill health, stigma, safeguarding health, including during periods of transition or change.</p> <p>Understand what constitutes a healthy lifestyle.</p>	<p>Understand what extremism is and how it can be challenged.</p> <p>Understand the different forms of discrimination.</p> <p>Understand the channels of grooming.</p>	<p>Understand what it means to be part of a community.</p> <p>Understand the different cultures and religions found in a community.</p> <p>Understand how to give back to the community.</p>	<p>Understand the influence and impact of drugs, gangs, role models and the media.</p> <p>Understand what constitutes a healthy lifestyle.</p>	<p>Understand the importance of the rule of law.</p> <p>Understand what democracy is.</p> <p>Understand what tolerance is.</p>
Knowledge Components	Declarative Knowledge: <b>know what</b>	<p>I know what a healthy relationship is.</p> <p>I know what impact pornography can have on relationships.</p> <p>I know what risks there are in forming and conducting relationships online.</p>	<p>I know what strategies I can use to promote my Mental health.</p> <p>I know the signs of emotional or mental ill-health</p> <p>I know what stigma means.</p> <p>I know what a stereotype is.</p>	<p>I know what extremism means.</p> <p>I know what inclusion means.</p> <p>I know what the Equality Act is.</p> <p>I know what group-think and persuasion means.</p> <p>I know what gender identity means.</p> <p>I know what transphobia and gender-based discrimination means.</p>	<p>I know what a community is.</p> <p>I know what it means to be a part of a community.</p> <p>I know what a community looks like in different cultures.</p> <p>I know what giving back to my community looks like.</p>	<p>I know what peer pressure is.</p> <p>I know what a role model is.</p> <p>I know what positive and negative role models are.</p> <p>I know what the media's impact on perceptions of gang culture is.</p> <p>I know what exit strategies are.</p> <p>I know about the link between physical and mental health.</p> <p>I know what body image is.</p>	<p>I know what democracy is.</p> <p>I know what tolerance is.</p> <p>I know what the rule of law is.</p> <p>I know what mock elections are.</p> <p>I know the different electoral systems.</p> <p>I know what democratic and non-democratic forms of government are.</p> <p>I know what human rights and international law are.</p>

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	Procedural Knowledge: <b>know how</b>	<p>I know how to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours.</p> <p>I know how the role of pleasure plays in a healthy relationship.</p>	<p>I know how to manage challenges during adolescence.</p> <p>I know how to reframe negative thinking.</p> <p>I know how to access support and treatment.</p> <p>I know how to challenge stigma, stereotypes and misinformation</p> <p>I know how to make informed healthy eating choices</p> <p>I know how to manage influences on body image</p>	<p>I know how to manage conflicting views and misleading information</p> <p>I know how to safely challenge discrimination, including online</p> <p>I know how to recognise and respond to extremism and radicalization</p> <p>I know how to manage influences on beliefs and decisions</p> <p>I know how social media may distort, misrepresent or target information in order to influence beliefs and opinions.</p> <p>I know how to recognise and challenge homophobia and biphobia</p> <p>I know how to recognise and challenge racism and religious discrimination</p>	<p>I know how to identify a community.</p> <p>I know how communities look in different cultures.</p> <p>I know how to give back to my community.</p> <p>I know how to support others who are in need.</p> <p>I know the different ways in which a citizen can contribute to the improvement of their community.</p>	<p>I know how to evaluate the influence of role models and become a positive role model for peers.</p> <p>I know how drugs and alcohol affect decision making</p> <p>I know how to keep self and others safe in situations that involve substance use</p> <p>I know how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime.</p> <p>I know how to seek help for substance use and addiction.</p> <p>I know how to make informed healthy eating choices</p> <p>I know how to manage influences on body image</p>	<p>I know how democracy works.</p> <p>I know how the rule of law works in Britain.</p> <p>I know how an election is fundamental to a democratic society.</p> <p>I know how the law helps society deal with complex problems</p>
National Curriculum reference	<ul style="list-style-type: none"> <li>Relationship education in primary schools</li> <li>relationship and sex education in secondary schools</li> </ul>						

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	<ul style="list-style-type: none"> <li>health education in state funded primary and secondary schools</li> </ul>					
Exemplar Composite Task(s)	<p>Define healthy relationships and create a guide for pupils.</p> <p>Worksheet- guidance around pornography and the impact it can have.</p>	<p>LST of explicit vocabulary.</p> <p>Case studies demonstrating understanding of stereotypes and stigma.</p> <p>Mind map of what constitutes a healthy lifestyle.</p>	<p>LST of key vocabulary- extremism, transphobia, Discrimination.</p> <p>Case studies demonstrating understanding of discrimination.</p>	<p>Students will complete a project in order to give back to the local community. That could be the school, or a local charity.</p> <p>LST on key vocabulary- community, culture, charity, citizen.</p>	<p>Students create a 5-point action plan sheet for how a young person could help to keep themselves and their peer's safe when socializing.</p> <p>Students create top tips for a festival survival guide in their books</p>	<p>LST of democracy, non-democratic and basic human rights, electoral systems and what tolerance is.</p> <p>Pupils create a poster explaining the benefits of volunteering.</p>