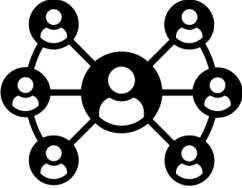






# *Curriculum for Life*

*'Preparing us for life beyond Trinity'*

		
Healthy Relationships	Health and Wellbeing	Living in the Wider World

*Year 10 - Term 4 –  
Exploring Influence*








Name: \_\_\_\_\_

C4L Teacher(s): \_\_\_\_\_

Classroom: \_\_\_\_\_



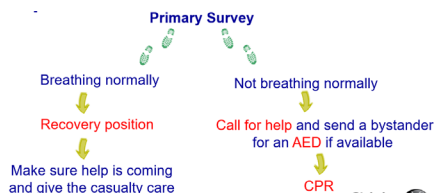
# Curriculum for Life: Year 10 - Big Picture

<b>Term 1: How can I look after my mental health?</b>  We all need to look after our own mental health. This unit will support you to consider your own mental health and how to seek support if you are struggling. Reframing negative thinking will be explored. We will consider common mental health conditions including stress, depression and anxiety before assessing healthy vs unhealthy coping strategies. Finally, we will consider what positive emotional wellbeing entails and we can achieve this.	<b>Term 2: How do I keep myself safe in an intimate relationship?</b>  Intimate relationships are a big step in a person's life. We will explore the role of pleasure in a relationship, including how to keep yourself safe and the laws around consent. We will consider the impact of pornography and the negative implications this can have on perceptions of intimacy, self-confidence and mental health. We will consider the legal and personal implications of sharing explicit images. Finally, we will discuss asexuality, abstinence and celibacy.	<b>Term 3: How do I make sensible financial decisions?</b>  This unit is about encouraging you to understand the purpose and positives of being able to budget from a young age. When you leave school, it is important you are financially literate and understand income, expenditure, savings and pensions. There are hugely negative implications of financial mismanagement and this unit will explore debt, loan sharks and gambling. Finally, fraud is on the increase globally, therefore we will consider what it is and how to protect yourself.
<b>Term 4: How does our British legal system work?</b>  Our British parliamentary and legal system affords us with rights in line with our core British Values. This unit will give you an insight into the workings of our parliamentary system, your electoral rights and your responsibilities as a citizen. We will also review the role of the British legal system, the courts system and our basic human rights. The unit will also enable you to reflect on our British Values - democracy, individual liberty, mutual respect and tolerance.	<b>Term 5: How do I keep myself safe around external pressures?</b>  This unit is about creating an awareness of gang culture within our country. With the increase in issues surrounding knife crime, gang culture and county lines activity it is important that you are aware of what this type of pressure is and how to keep yourself safe. We will also investigate substance abuse and the wide-ranging consequences this can have on the individual, families and communities.	<b>Term 6 (a): How do I protect myself against radicalisation?</b>  This unit will investigate how radicalisation occurs and how to report it. We will also explore discrimination in relation to the representation of terrorism and radicalisation, to rid the stigma and misinformation found online. <b>Term 6 (b): What are my responsibilities regarding my future employment?</b>  In this unit we will examine the health and safety requirements within a workplace and look at your current online presence and how this can have an impact on your future.

## Term 5- Knowledge Organiser

### Exploring influence

- The word 'gang' means different things in different contexts. The government distinguishes between peer groups, street gangs and organised criminal gangs.
- County Lines' is a term used when drug gangs from big cities expand their operations to smaller towns, often using violence to drive out local dealers and exploiting children and vulnerable people to sell drugs. These dealers will use dedicated mobile phone lines, known as 'deal lines', to take orders from drug users.
- Drinks spiked with alcohol or drugs can make a person vulnerable for a variety of reasons, including theft, sexual assault or as an attempted joke.
- Dr ABC: D – Danger, R – Response, A – Airway, B- Breathing, C – Circulation
- Do not leave a casualty to look for a defibrillator yourself, ask someone to help or the ambulance will bring one. Instead, continue with CPR.
- You can find **AEDs** in many **public places**, including offices, schools, shopping centres, supermarkets and airports.



### Key words

#### Gang culture

A group of people with a shared interest, or who share a common identity. A gang does not have to be involved in criminal activity.

#### Peer group

A relatively small social grouping which may or may not describe themselves as a gang depending on the context.

#### Street gang

Groups of young people who see themselves (and are seen by others) as a visible group for whom crime and violence is integral to the group's identity.

#### Organised criminal gangs

A group of individuals for whom involvement in crime is for personal gain (financial or otherwise). For most, crime is their 'occupation'.

#### Binge Drinking

Binge drinking usually refers to drinking lots of alcohol in a short space of time or drinking to get drunk.

#### Substance Abuse

It occurs when people **repeatedly** use alcohol, prescription medicine, and other legal and illegal substances **too much or in the wrong way**.

# Title: How does the media portray gangs?

Watch the video and answer the questions below.

1. What is a gang?

---



---



---

Mind map -Why do people join gangs?

Why do  
people join  
gangs?

*Use purple pen to amend/add to your mind map following class discussion.*

How do the media perceive gangs? - Create a list of adjectives

- ---
- ---
- ---
- ---
- ---
- ---

*Use purple pen to amend/add to your answers*

Title: What can the impact of drugs and alcohol be on individuals, personal safety and the community?

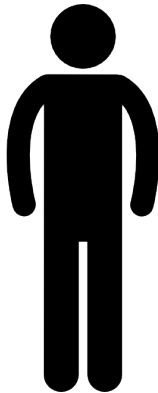
4

Connect task – Mind map

Why do some  
people choose  
to drink alcohol  
or take drugs?

*Use purple pen to amend/add to your mind map following class discussion.*

Impact of alcohol



*Use purple pen to amend/add to your diagram following class discussion.*

# Title: How can I keep myself safe around substances?

Connect: Define "Substance Abuse"

---



---



---



---

*Use purple pen to amend/add to your definition.*

Mind map

What are the  
risks of  
substance  
abuse?

*Use purple pen to amend/add to your mind map following class discussion.*

Mind map

How can you  
keep safe from  
substance  
abuse?

*Use purple pen to amend/add to your mind map following class discussion.*

# Title: How can I seek help for substance abuse and addiction?

## Connect: Define "Addict"

---



---



---

*Use purple pen to amend/add to your definition.*

## Information sheet questions – treatment options for addiction

1. Which option shows you how to change negative emotional patterns to improve the way you feel?

---



---

2. Which option focuses on reducing other health concerns that arise from addiction?

---



---

3. What is the benefit of using medication as a treatment option?

---



---

4. How do support groups help treat people for addiction?

---



---

5. Who is detoxification for and how does it work?

---



---

*Use purple pen to amend/add to your answers*

## Video Questions

1. What was used recreationally to begin with? Why?

---



---

2. How did this effect Toby's dad longer term?

---



---

3. How is Toby being treated?

---



---

*Use purple pen to amend/add to your answers*

## **Treatment options for substance abuse and addiction**

### **CBT**

CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a vicious cycle.

CBT aims to help you deal with overwhelming problems in a more positive way by breaking them down into smaller parts.

You're shown how to change these negative patterns to improve the way you feel. It looks for practical ways to improve your state of mind on a daily basis.

### **Medication**

If you're dependent on certain drugs, you may be offered a substitute drug which is prescribed by a doctor and is much safer to take.

This means you can get on with your treatment without having to worry about withdrawing or buying street drugs.

There are other medications that can be prescribed that help with anxiety caused by addictions.

### **Detoxification**

This is for people who want to stop taking drugs for example opioids like heroin completely. It helps you to cope with the withdrawal symptoms as it is done in a controlled manner with healthcare professionals available.

### **Self-Help**

Support groups such as alcoholics anonymous or social media addiction groups enable people to talk about their experiences in a non-judgmental environment.

Self-help can take the form of smoking cessation products that can be bought over-the-counter at local pharmacies.

Reading books and leaflets is another form of self-help.

### **Reducing Harm**

For some addictions other health concerns can arise, from sharing equipment, such as contracting hepatitis or HIV.

By seeking help addicts can get support to help them reduce their risk of contracting these sorts of diseases.







British Values underpin what it is to be a citizen in a modern and diverse Britain. They allow us to create environments free from discrimination, intolerance and hate. They help us to challenge prejudice and stereotyping, whilst strengthening relationships within the community.



### Mutual Respect and Tolerance

Understanding that we don't all share the same beliefs and values. Respecting those values, ideas and beliefs of others whilst not imposing our own onto them.

#### Case Study

The UK is a multi-cultural society in which everyone is entitled to live free from prejudice and discrimination. Those with **protected characteristics** are protected by the 2010 Equality Act.



### Democracy

A culture built upon freedom and equality, where everyone is aware of their rights and responsibilities. Our votes guide the decisions made by the government for the best running of the country.

#### Case Study

The United Kingdom is a democracy. The UK Parliament is made up of the House of Commons and the House of Lords. The MPs who sit in the House of Commons are elected by voters (those aged over 18 with UK citizenship).



### Key terms

**Protected characteristics**

Age, disability, gender, marriage, pregnancy, race, religion, sex, sexual orientation

**Prejudice**

Forming an opinion about a person that isn't based on reason or actual experience

### What is PREVENT?



- The main aim of PREVENT is to stop people from becoming terrorists or supporting terrorism.
- At the heart of PREVENT is safeguarding children and adults and providing early intervention to protect and divert people away from being drawn into terrorist activity.
- PREVENT addresses all forms of terrorism, but continues to ensure resources and effort are allocated on the basis of threats to our national security.

### The rule of law

The need for rules to make a happy, safe and secure environment to live and work. It is important we follow laws set in place if we wish to remain safe.

#### Case Study

Laws are created by the government and enforced by the police and court system. People who break the law are punished. The government can create new laws. For example in March 2014, they made a law legalising same-sex marriage.



### Individual liberty

Protection of your rights and the rights of others around you. We have the freedom to express our individuality through freedom of speech, freedom of choice and individual presentation.

#### Case Study

In the UK, we have the right to freedom of speech, provided what we say does not break the law. This is not the case in all countries. For example, in China, the government restrict (censor) the media and do not allow journalists to publish articles criticising them.



### Are you concerned about someone you know?

**Prevent helpline**

0800 011 3764 (The advice line is open 9:00am – 5:00pm every day)

**Want to know more?**

<https://actearly.uk/>