



Curriculum for Life

'Preparing us for life beyond Trinity'

		
Healthy Relationships	Health and Wellbeing	Living in the Wider World

Term 4 – How can I protect my health?







Name: _____

C4L Teacher(s): _____

Classroom: _____



Curriculum for Life: Year 11 - Big Picture

Term 1: How can I prepare myself for the next step?	Term 2: What are my rights in a relationship?	Term 3: What are the challenges of having children?
 <p>You are beginning your final year at Trinity Academy Halifax. It's now time to start thinking ahead to next year! This unit will support you consider your next steps and set ambitious goals. You will create a CV and practice your interview skills to give you the best possible opportunities when you apply for employment, further education or an apprenticeship.</p>	<p>In this unit you will focus on what are your individual rights in a relationship and what a healthy relationship can look like. This topic will support you in understanding what the signs of an unhealthy relationship can be, coercive control, harassment and marriage rights. You will also look at seeking support if you are in an unhealthy relationship.</p> 	 <p>This unit will focus on how to cope with an unwanted pregnancy, birth and miscarriage. This unit also dedicated time towards healthy behaviours before and during pregnancy. Unfortunately, having children is not straightforward for all couples so we will consider fertility treatments. We will also explore the impact of change, loss, grief and bereavement.</p>
Term 4: How can I protect my health?	Term 5: How do I look after my physical health?	Useful local support links:
<p>There are a wide range of health services which you can access to maintain positive health and wellbeing. We will explore how you can access and make appointments with doctors, dentists, opticians and sexual health clinics. We will also look at how vaccination can be beneficial for your health.</p> 	 <p>Cancer affects 1 in 3 people so we will look at how you can carry out self-examination to check for signs. We will consider the risks of cosmetic and aesthetic body alterations. We will investigate blood, organ and stem cell donation. Finally, we will look at how substance abuse can affect your physical and mental health.</p>	<p>ChildLine - www.childline.org.uk (0800 1111) NHS - www.nhs.co.uk UCAS - www.ucas.com Anxiety UK - www.anxietyuk.org.uk Trinity Academy Sixth Form - https://sixth.trinitymat.org/ Calderdale College - https://www.calderdale.ac.uk/</p> 

Term 4 – Knowledge Organiser

How can I protect my health?	Key words:	
<ul style="list-style-type: none"> • Ring 999 in the UK for a medical emergency. (If 911 is dialed, it will be forwarded to 999 eventually). • There are no known causes for endometriosis, PMDD and PCOS. Most of the treatments focus on managing the symptoms. • Pharmacists can advise and support with treating certain illnesses. They can recommend medications to manage symptoms and treat illnesses (providing they do not need a prescription). 	Endometriosis	Endometriosis is where cells like those in the lining of the womb (uterus) grow in other parts of the body.
	PMS	PMS (premenstrual syndrome) is the name for the symptom's women experience a week before their period.
	PMDD	Premenstrual dysphoric disorder (PMDD) is a very severe form of premenstrual syndrome (PMS). Symptoms of PMDD are like PMS but are much more intense and can have a much greater negative impact on your everyday life.
	PCOS	Polycystic ovary syndrome (PCOS) is a common condition that affects how a woman's ovaries work.
	Vaccination	Vaccination introduces a weak or dead version of a pathogen (bacteria/ virus) to the body to bring about immunity (stop you getting the disease).

Title: How do I access different non-emergent medical services?

Task: Complete your knowledge recall in the box below.

1. _____
2. _____
3. _____
4. _____

Task: Using your own knowledge and the images on the board, complete the mind map.



Task: Complete the table below for what each service can be used for and how to contact them.

Service	What are they used for?	How to contact them?
GP (Doctor)	_____ _____	_____ _____
Pharmacist	_____ _____	_____ _____
Dentist	_____ _____	_____ _____
Optician	_____ _____	_____ _____
Sexual Health Clinic	_____ _____	_____ _____


Title: How do I access different emergency medical services?

Task: Complete your knowledge recall in the box below.

- 1. _____
- 2. _____
- 3. _____
- 4. _____

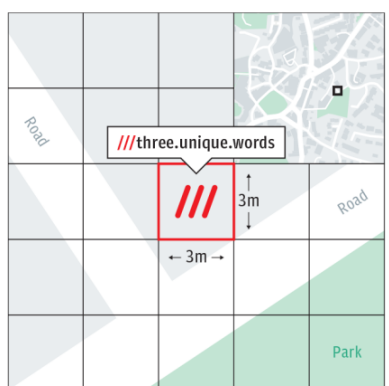
Task: Complete the mind map during the Think-Pair-Share task.

What is a medical emergency?

Task: Watch the video and answer the questions below. 

1. What number do you call in an emergency?	_____
2. What should you look for if you do not have the postcode of where you are?	_____ _____
3. What will you need to give details about?	_____ _____
4. What could you do to support the paramedics and ambulance crew?	_____ _____

WHAT3WORDS



Task: Watch the video then explain how the What3Words are and why it is useful to the emergency services.

- _____
- _____
- _____
- _____
- _____

Task: Complete the mind map during the Think-Pair-Share task.

What happens in
A&E?

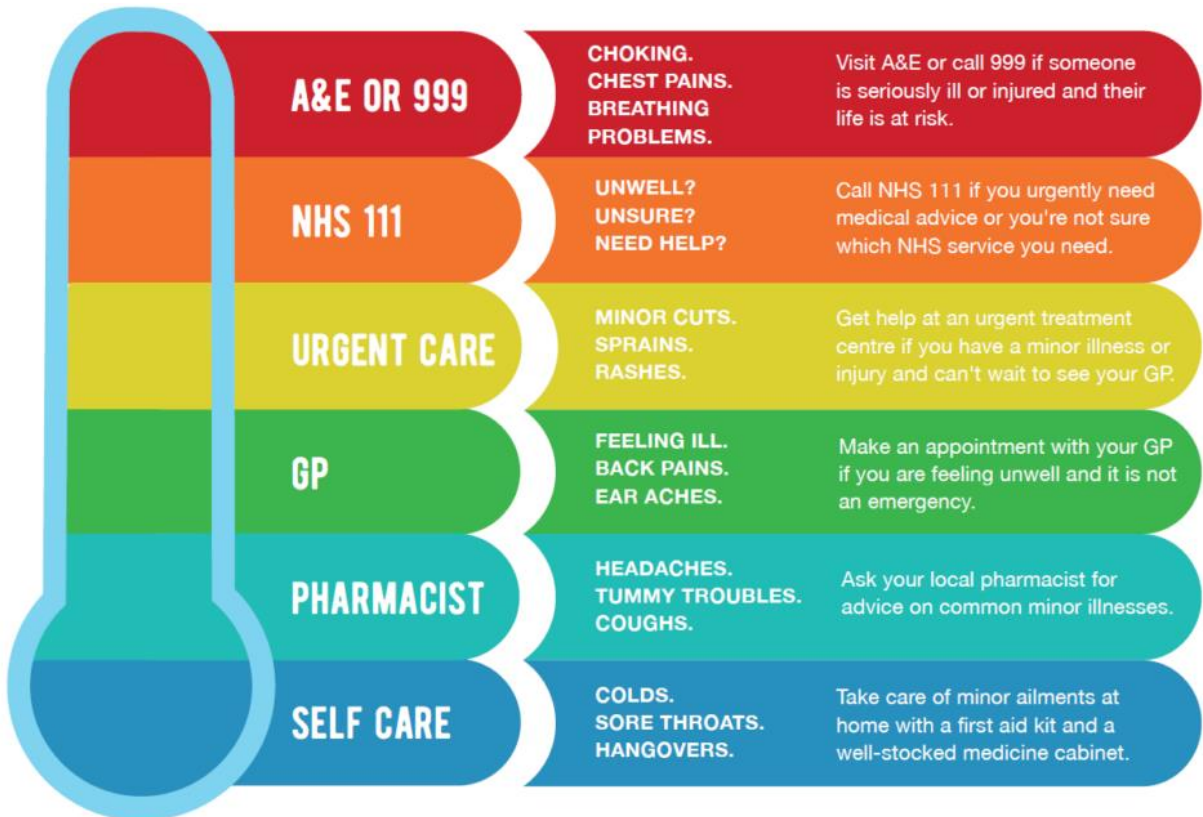
Task: Watch the video and answer the questions below.



1. What support do the Samaritans provide?

2. What number can you contact the Samaritans on?


3. When can you contact the Samaritans?



Title: What are some of the main health problems women face?

Task: Complete your knowledge recall in the box below.

1. _____
2. _____
3. _____
4. _____

Task: Complete the table below for the signs and treatment some female health problems. 

	Definition	Signs/ Symptoms	Treatment
PMDD	_____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____
Endometriosis	_____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____
PCOS	_____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____

Title: How can vaccines support my health?

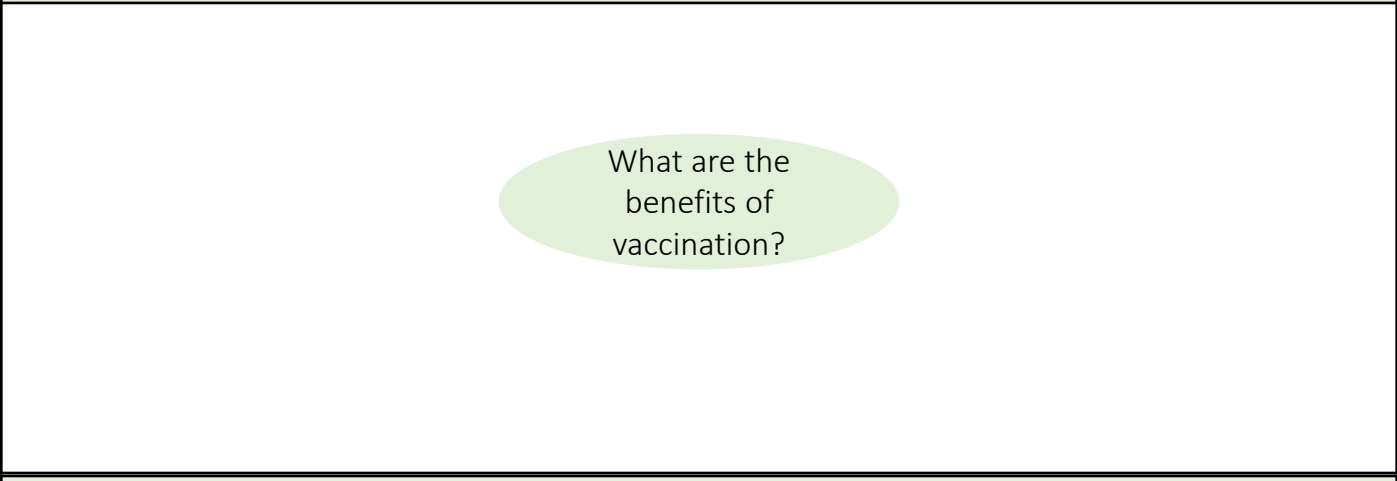
Task: Complete your knowledge recall in the box below.

1. _____
2. _____
3. _____
4. _____

Task: Complete the grid below during the Think-Pair-Share task.

Definition of vaccination.	Examples of vaccines.
_____ _____ _____ _____ _____	_____ _____ _____ _____ _____

Task: Complete the mind map during the Think-Pair-Share task.



Task: Complete the mind map during the Think-Pair-Share task.

