

Act Fast NL Year 10 KS3 PSHE

Autumn 01

Mental Health

Mental health & ill health and the surrounding stigma
Safeguarding health, including during periods of transition and change

Health & Wellbeing

Students learn;
How to manage challenges during adolescence
How to reframe negative thinking
Strategies to promote mental health and emotional wellbeing
About the signs of emotional or mental ill-health
About the portrayal of mental health in the media
How to challenge stigma, stereotypes and misinformation



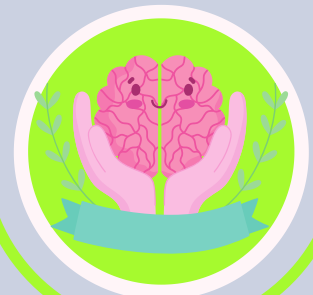
Autumn 02

Financial Decision Making

The impact of financial decisions, debt and gambling
The impact of advertising on financial choices

Living in the Wider World

Students learn;
How to effectively budget and evaluate saving options
To prevent and manage debt, including understanding credit rating and pay day lending
Data is generated, collected and shared, and the influence of targeted advertising
Thinking errors, (e.g. gamblers fallacy) can increase susceptibility to gambling
Strategies for managing influences related to gambling, including online
About the relationship between gambling and debt
About the law and illegal financial activities, including fraud and cybercrime
How to manage risk in relation to financial activities



Spring 01

Healthy Relationships

Relationships, sex expectations and myths
Pleasure and challenges, including the impact of the media and pornography

Relationships

Students learn;
About relationship values and the role of pleasure in relationships
About myths, assumptions, misconceptions and social norms about sex, gender and relationships
About the opportunities and risks of forming and conducting relationships online
How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours
Consent
Pressure, coercion and exploitation
Victim blaming
Sexuality, abstinence and celibacy



Spring 02

Exploring Influence

The influence and impact of drugs and gangs
The influence and impact of role models and the media

Health & Wellbeing

Students learn;
About positive and negative role models
How to evaluate the influence of role models and become a positive role model for peers
About the media's impact on perceptions of gang culture
About the impact of drugs and alcohol on individuals, personal safety, families and wider communities
How drugs and alcohol affect decision making
How to keep yourself and others safe in situations that involve substances, gangs and crime
Exit strategies for pressurised or dangerous situations
How to seek help for substance use and addiction



Summer 01

Addressing Extremism and Radicalisation

Communities and belonging
Challenging extremism

Relationships

Students learn;
About communities, inclusion, respect and belonging
About the Equality Act, diversity and values
How social media may distort, mis-represent or target information to influence belief and opinions
How to manage conflicting views and misleading information
How to safely challenge discrimination, including online
How to recognise and respond to extremism and radicalisation



Summer 02

Work Experience

Preparation for and evaluation of work experience
Readiness for work experience

Living in the Wider World

Students learn;
How to evaluate strengths and interests in relation to career development
About opportunities in learning to work
Strategies for overcoming challenges or adversity
About responsibilities in the workplace
How to manage practical problems and health and safety
How to maintain a positive personal presence online
How to evaluate and build on the learning from work experience

