

CAVENDISH SCHOOL HEALTH & WELL BEING PLAN 2017 - 2018

YEAR	SEPT - DEC	JAN - EASTER	EASTER - JULY
7	<p>GETTING TO KNOW EACH OTHER To understand how and why rules are formed To investigate the effect of the language we use. To understand the role that healthy relationships play in our Wellbeing.</p> <p>RELATIONSHIPS Understand that different relationships have different needs & Identify the qualities of good relationships. Identify different relationships within the school Recognise the contributions of different family members Understand the different kinds of bullying</p> <p>PERSONAL SAFETY Analyse reasons why people do risky things and consider ways of ensuring personal safety Moral boundaries</p>	<p style="text-align: center;">DATE</p> <p>What are Cigarettes and how does smoking affect you? Why is smoking dangerous? What types of alcohol are there? How does alcohol affect you? To understand what is and is not legal To understand the difference between illegal and legal drugs To understand the effect of drugs.</p>	<p style="text-align: center;">RSE</p> <p>Puberty & Hygiene LGBTQ Female genital mutilation Getting help and support</p>
8	<p>Emotional Health & Well Being Self Esteem Physical Health Bullying Peer Pressure Body Image</p>	<p style="text-align: center;">Protect</p> <p>Understanding radicalisation Effects of the media</p> <p style="text-align: center;">DATE</p> <p>Smoking Alcohol risks and harms</p>	<p style="text-align: center;">RSE</p> <p>Relationships and Conception Relationships Contraception Healthy decision making. Puberty, Menstruation, Sex</p>

		Alcohol how it affects us Legal and illegal drugs Why people take drugs	Transgender Consequences of sexual activity
9	<p><u>Term 1</u> Emotion Health & Well being Body Image and eating disorders Stress Self Confidence</p> <p><u>Term 2</u> PROTECT PROJECT Own identity Values of living in Britain What does it mean to be British Cultural stereotypes Understanding Muslims What is extremism Propaganda</p>	<p>RSE</p> Challenging Myths Contraception STI The law and sex Relationships Abuse	<p>Keeping Safe</p> First Aid Online Content reliability Propaganda Road safety Risky behaviour Cyber bullying

10	<p align="center"><u>Term 1</u></p> <p align="center">Emotional Health & Well being</p> <p>Dealing with Anxiety Coping With Stress Depression Investigating health issues Online Stress Positive Relationships</p>	<p align="center"><u>Term 3</u></p> <p align="center">Term 5 - RSE</p> <p>Sexual Behaviour Exploitation Sexting Sexual / Mental Abuse STI Infections Teenage pregnancy</p>	<p align="center">Term 5</p> <p align="center">DATE</p>
	<p align="center"><u>Term 2</u></p> <p align="center">E&B</p> <p align="center">Crime and Punishment</p>	<p align="center">Term 4</p> <p align="center">E & B</p> <p align="center">Human Rights</p>	<p align="center">Term 6</p> <p align="center">Careers / UCAS progress</p>
11	<p align="center">Term 1</p> <p align="center">Health and Well being</p> <p align="center">UCAS application Dealing with Stress Mental Health My future self</p>	<p align="center"><u>Term 3</u></p> <p align="center">RSE</p> <p align="center">Body Image The media & sexualisation The law, sex and the internet Teenage relationship abuse Consent</p>	<p align="center">Term 5</p> <p align="center">Revision</p>
	<p align="center">Term 2</p> <p align="center">E & B</p> <p align="center">Medical Ethics</p>	<p align="center">Term 4</p> <p align="center">Revision</p>	<p align="center">Term 6</p>