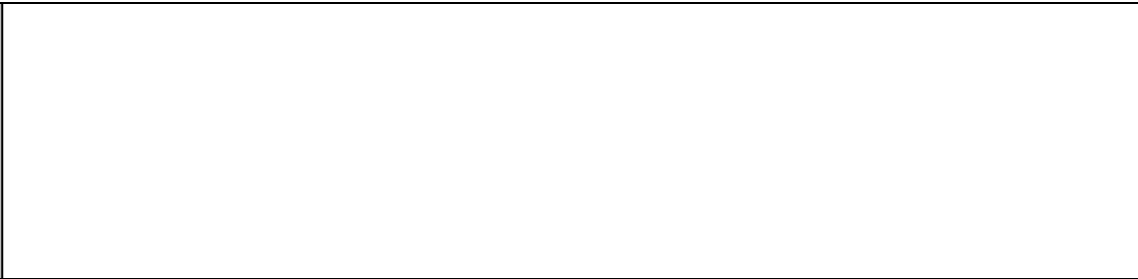


What is the point of the learning in this half term? Why are students learning it? How does it fit into the 7 Year journey? INTENT: This is a unit of work based upon the study of RELATIONSHIPS and more specifically MENTAL HEALTH. Students will explore how to be mindful of their mental health and access support if/when they need it, and who to go for this support. They will acquire knowledge of strategies needed to cope with difficulties they may face. They will use this knowledge to reflect on how they can utilise their embedded skills they have learnt in their own lives, to become a well-rounded individual.

Interleaving and Retrieval Opportunities	Key Core Learning (Knowledge and Skills) <small>What should be transferred into long term memory?</small>	Enriched Knowledge
What should students already know?	What do you want students to know?	How will you ensure that you make learning relevant to the world we live in?
<p>In preparation for the y11 exam season, it is important that ALL students and staff are pre-emptive with a solid understanding of revision techniques, time management and mental health.</p> <p>Due to increasing pressures they face during this period of time, they will receive contact details of charities (such as Kooth) who support young adults with their mental wellbeing. They will know how to access these and ensure that these signposts are available to them on their mentor boards.</p> <p>As well as this, a sexual health recap will take place and reaffirm the knowledge that they had taken from the Big Talk session last half term and also build on that with new knowledge (how to put a condom on properly).</p>	<p>All year groups, starting from y7 to y11 will participate in mandatory SRE provision.</p> <p>Including family dynamics and sexual relationships from Autumn term 2 of the year 10 journey.</p> <p>They will already have an understanding of the following themes that are scaffolded at an age appropriate level.</p> <p>Keeping Healthy & Happy Personal Hygiene Managing money & priorities Understanding the effects of Drugs How to cope in an Emergency Menstruation and Puberty The concept of Family Family Pressures Loss in the Family Changing Lives Family Conflict Female Genital Mutilation</p> <p>As well as understanding common misconceptions surrounding sexual relationships, such as Pornography, FGM, consent and peer on peer abuse.</p> <p>DROP-DOWN Day: Sexions Visit (September, 2022)</p> <p>Mentors, ABL, EW and KJ will revise the content learnt from Sexions Visit, including how to correctly put on a condom, to embed learning over time and ensure students can articulate important health and safety information for SRE.</p> <p>Lesson Content:</p>	<ul style="list-style-type: none"> • The importance of healthy friendships and relationships and how potentially toxic relationships can impact on personal mental wellbeing and mental health. • Give students the ability to develop their character, make friendships and form bonds with others safely and sensibly. • Have knowledge and begin to understand how to 'Be Kind' as an initiative which began in 2020, following the suicide of Caroline Flack. • How to maintain healthy and happy friendships. • Understand how to communicate with others respectfully and retain mutual respect with others. • The skills required to be critical and resilient with friendships and relationships, and know when they need to seek help or advice. • How to ask and seek guidance when life becomes overbearing and difficult. <p>Links to support an ambitious curriculum</p> <p>https://www.healthforteens.co.uk/sexual-health/</p> <p>https://www.nhs.uk/services/service-directory/my-sexual-health-mansfield-community-hospital/N10507769</p> <p>Kooth.com</p>

	<p>R1, R3, R16, R11, R17, R28, R29, R31, H9, H10, R13</p> <p>Relationships & Mental Health</p> <p>1. Healthy & unhealthy Relationships (where to go & managing strong emotions), Stalking & Harassment & Law, inc Coercion, bullying, exploitation (where to go)</p> <p>2. Mental Health, Self-Harming & Helping Peers</p> <p>3. Dealing with Anger & Bereavement (where to go)</p> <p>4. Sexual Health (recap of STIs, contraception, inc emergency contraception, abortion, where to go for help)</p> <p>H31, R18, R12, R4, R19</p> <p>5. FGM, inc breast ironing & Fertility, inc impact of STIs</p> <p>6. Peer-on-peer abuse & Managing Relationships (inc break-ups)</p> <p>7. Consent & Law, Legally Recognised Marriages & Sexual Assault (inc online)</p>	
<p>Future Learning</p> <p>The next module to follow on from Sexual Relationships and Mental Health is "Healthy Lifestyles".</p>	<p>Application of Knowledge</p> <p>Students will be able to make educated and healthy decisions for themselves with regards to their own sexual health, both now (if applicable) and in their future.</p>	

Pedagogy	Approaches to Learning	Impact on Learning
<p>What possible teaching approaches could be used? How would you expect students to show progress?</p>	<p>Oracy – Harkness Discussion</p> <p>"The Harkness table, Harkness method, or Harkness discussion is a teaching and learning method involving students seated in a large, oval configuration to discuss ideas in an encouraging, open-minded environment with only occasional or minimal teacher intervention."</p>	<p>This will encourage positive conversations and embed the necessity to talk/ debate with people calmly without getting defensive or becoming insulting.</p> <p>By giving students different 'jobs' this encourages participation from all students and provides them with opportunities to develop their own character, even if they are not orally partaking.</p>
	<p>Agony Aunt letters- In response to a made up scenario.</p>	<p>When embedding new strategies to deal with bullying, it is important that students can empathise and see different perspectives. Writing in this way will encourage empathy and understanding, as well as solidifying the strategies by having sequenced learning links with English Language.</p>
	<p>Use of Talk Tactics- sentence starters that encourage Oracy whilst scaffolding good talking practise.</p>	<p>Talk tactics will support all students, both Reluctant speakers and those who have more confidence.</p> <p>Confident learners: can be challenged and probed further within their conversations.</p> <p>More reluctant learners: May feel more comfortable reading from the talk tactics rather than speaking from their own accord.</p>
	<p>Acrostic poems- As a revision/ long term memory technique.</p>	<p>When learning strategies to deal with cyber bullying, it is important that students have embedded knowledge on how to stay safe online.</p>



By producing an acrostic poem, this will help embed knowledge and will encourage students to remember and take the correct approach to dealing with bullying online. This will also allow students to acquire successful revision techniques for improving memory in order to provide students with a cumulative set of life skills for their current lives as well as their future.