

## Physical health and mental wellbeing in Key Stage 4

Topic	Statutory Content Topics taught in Year 10
<b>Mental wellbeing</b>	how to talk about their emotions accurately and sensitively, using appropriate vocabulary.
	that happiness is linked to being connected to others.
	how to recognise the early signs of mental wellbeing concerns.
	common types of mental ill health (e.g. anxiety and depression).
	how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.
	the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.
<b>Internet safety and harms</b>	the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.
	how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.
<b>Physical health and fitness</b>	the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.
	the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health.
	about the science relating to blood, organ and stem cell donation.
<b>Healthy eating</b>	how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.
<b>Drugs, alcohol and tobacco</b>	the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.
	the law relating to the supply and possession of illegal substances.

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	the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.
	awareness of the dangers of drugs which are prescribed but still present serious health risks.
	the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.
<b>Health and prevention</b>	about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.  <b>This is taught in Science lessons.</b>
	about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.
	the benefits of regular self-examination and screening.
	the facts and science relating to immunisation and vaccination.
	the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.
<b>Basic First Aid</b>	basic treatment for common injuries.  <b>This is taught in PE lessons</b>
	life-saving skills, including how to administer CPR  <b>This is taught in PE lessons</b>
	the purpose of defibrillators and when one might be needed.  <b>This is taught in PE lessons</b>
<b>Changing adolescent body</b>	key facts about puberty, the changing adolescent body and menstrual wellbeing.
	the main changes which take place in males and females, and the implications for emotional and physical health.

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	how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.
<b>Physical health and fitness</b>	the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.
<b>Health and prevention</b>	the benefits of regular self-examination and screening.