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| **Year 10 Unit 1** | **Road Map** | | | | | |
| In this unit you will investigate respect and understanding for yourself  **LG1**: Knowledge  **LG2**: Application  **LG3**: Skills | Assessment Grades |  |  | | | |
| Pre topic assessment | |  | | | |
| Post topic assessment | |  | | | |
| **Themes** | **Learning Goals/Outcomes/Content** | | | R | A | G |
| How to manage tough times: change, grief and bereavement? | LG1: Correctly identify the different stages of grief and ways we can support people who are grieving.  LG2: Describe the different stages of grief, the best ways to support grieving people and what a person may experience during the different stages.  LG3: Explain in scientific terms what happens to a person’s mind during the grieving process and why particular activities may be helpful. | | |  |  |  |
| Body Positivity – is this always a good thing or does it promote health issues? | LG1: Correctly identify the reasons why some people think body positivity is always a good thing and why some people believe it presents problems.  LG2: Explain your own opinion on the debate surrounding body positivity and obesity, taking into consideration points from both sides of the argument.  LG3: Explain, using today’s key terminology in the correct context, how the body positivity debate relates to both issues of physical and mental health. | | |  |  |  |
| How can you cope with the pressure of life online and keeping up with other people? | LG1: Correctly identify the ways people contrive online personas and the effects this can have on both our self-esteem and that of others.  LG2: Explain why people create online personas, the meaning of imposter syndrome and how people can get addicted to social media.  LG3: Explain, using today’s key terminology in the correct context, why people feel the need to create online ‘brands’ of themselves as well as the risks addiction to social media poses to our mental health. | | |  |  |  |

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