



LIFE LONG LEARNING – YEAR 9

Topic Title: Political Systems	Why am I learning this topic? The political system of the UK has dominated the media for the past 2 years. The government of the UK is currently facing many challenges and changes and it is important that you understand the basic principles of what is happening as it will affect your life in the future.
Key concepts:	Voting, citizen interest in politics, the UK Government system, UK Brexit
Key Knowledge:	To know the functions and makeup of the UK government, who is in charge of what and the principles behind a democratic government. To describe who the main political parties are, their role in the current government and a basic overview of their policies.
Key Skills:	Explanations, discussion, evaluation, judgement, justification
Links to other Life Long Learning topics:	

Topic Title: Mental Well-being	Why am I learning this topic? This topic promotes pupils wellbeing through an understanding of your own and others emotions and the development of healthy coping strategies. It also helps you to understand how to keep healthy and safe, as well as equipping you to know how to support others who are facing challenges. Finally talking about mental health issues is an effective means of breaking down any associated stigma and this unit will help you tackle these issues.
Key concepts:	What is a healthy mind/emotional well-being, Healthy behaviours and strategies, seeking support when you or a friend need it
Key Knowledge:	To know what protective behaviours are – good communication, problem solving, healthy coping skills, resilience and the ability to name, describe and understand a range of emotions. To know how you can reduce the risk of turning to unhealthy coping mechanisms.
Key Skills:	Explanations, discussion, evaluation, judgement, justification
Links to other Life Long Learning topics:	Drugs Education, Healthy Relationships, Health and well-being in the community, RSHE

Topic Title: Drugs Education	Why am I learning this topic? As you grow up you will be faced with many peer pressures surrounding drugs and alcohol. Some of these pressures you will want to experience, others you may not want to. This unit gives you knowledge of the impacts of consuming drugs and alcohol so that you can make your own informed decision.
Key concepts:	The impacts of tobacco and alcohol – particularly binge drinking, risky situations related to drugs, media pressure, illegal drugs, drink-driving, peer pressure
Key Knowledge:	To explain the impacts of drugs and alcohol and the effect the consumption of these will have on your body and mind. To know how not to put yourself in risky situations as a result of alcohol and drug consumption. To know the laws surrounding alcohol and drugs consumption and to know how to be deterred from this usage. To know the impacts of drink-driving after a night out.
Key Skills:	Explanations, discussion, evaluation, judgement, justification
Links to other Life Long Learning topics:	Emotional well-being, Healthy relationships, Staying safe, RSHE

Topic Title: Health and Wellbeing in the community	Why am I learning this topic? One day you may be put in a difficult situation where you need to deliver first aid to a friend, family member or stranger on the street. This topic will give you the knowledge on how to deliver basic first aid.
Key concepts:	First Aid skills, CPR, How to reduce impact following an accident, defibrillators, risks associated with drinking alcohol
Key Knowledge:	Basic First aid skills: assessments of unconsciousness and breathing, what to do with burns, sprains, excessive alcohol consumption and someone who is unconscious/ not breathing.
Key Skills:	Delivery of First Aid, assessment
Links to other Life Long Learning topics:	Staying Safe, Healthy Relationships



Topic Title: Aspirations and Careers	Why am I learning this topic? It is important to think about our lives in the future, considering what we want to achieve in the next 3/5 years but also in the long term. This unit will help you to consider what you want to do beyond school and what you can do to make sure you achieve your goals in life.
Key concepts:	Future aspirations beyond school, Personal skills and the qualities employers are looking for, how to prepare for an interview, entry routes into the workplace
Key Knowledge:	To know what is needed in a good CV and how to write a letter of application when applying for a job. To know the qualification needed for different options in the future.
Key Skills:	CV writing, interview skills, use of Kudos website.
Links to other Life Long Learning topics:	Health and Well Being in the community, Emotional Wellbeing

Topic Title: Relationships, Sex and Health Education (RSHE)	Why am I learning this topic? It is important to be aware of the choices you have in relation to sexual activity as you become young adults. This unit will help you to know the positive and negative consequences of the sexual choices you make. It will also give you guidance on contraceptive choices, how to avoid peer pressure and where you can find additional confidential sexual support.
Key concepts:	Peer/ sexual pressure, contraception, STIs, The law, consent, grooming
Key Knowledge:	To know what choices you have in relation to sexual relationships and the consequences that come from the choices you make
Key Skills:	Explanations, discussion, judgement,
Links to other Life Long Learning topics:	Healthy relationships, Staying safe, Mental well-being

Topic Title: Staying Safe	Why am I learning this topic? There is an alarming increase in knife crime in the UK at the moment. This is often associated with other forms of anti-social behaviour in the community. This topic will help you to understand the consequences of knife crime and the impacts it has on people.
Key concepts:	Anti-social behaviour, knife crime
Key Knowledge:	To describe types of anti-social behaviour, the impacts of these and what to do if you feel peer pressured into being involved. To know the dangers of knife crime and to explain the devastating impacts involvement in this can cause.
Key Skills:	Explanations, discussion, evaluation, judgement, justification
Links to other Life Long Learning topics:	Healthy Relationships, Emotional Well being

Topic Title: Healthy Relationships	Why am I learning this topic? The relationships we have with other people help to shape who we are. This unit looks at what healthy relationships with other people in our lives looks like so you are able to make a judgement on what is and isn't a healthy relationship – both now and in the future.
Key concepts:	The makings of a healthy relationship, Unhealthy relationships, Relationships with friends, peers and family members, emotions we face in life, LGBTQ, dealing with emotions
Key Knowledge:	To describe what a healthy/ unhealthy relationship looks like with parents, siblings, friends and people of the opposite sex. To know the emotions that are attached to starting relationships with girlfriends/ boyfriends. To know the dangers of sexting and grooming and how to safe from these online. To also know where to go if you want to discuss any of these issues further.
Key Skills:	Drama, expression, discussion, evaluation
Links to other Life Long Learning topics:	RSHE, Health and Well Being in the community, Emotional Wellbeing