

	<p>What you will know at the end of this term</p>
<p>Autumn 1</p>	<p>This is Us</p> <p>What is an area of strength? Why do we feel positive when doing something well? Why do we feel negative about failure? How can we reframe failure into a positive? (4 R's) What is self-concept/self-esteem? What may influence a person's self-concept/self-esteem? Are all influences positive/negative? What does coping strategy mean? What is a trigger? What are unhealthy coping strategies? Why would people use these? Why do we think negatively? What happens when we think negatively? How do we learn optimism? Why do people experience difficult emotions at certain times in their lives? What may trigger these emotions? What healthy coping strategies could a person use to treat these?</p>
<p>Autumn 2</p>	<p>Relationships, Sex and Health Education</p> <p>What is emotional health? What is empathy? What may influence these in a positive and negative way? How may other people's actions affect someone's mental health? What is the difference between exploitation, bullying, harassment and controlling behaviour? Why would there need to be different responses to support for each one? What support is there for people suffering from these abuses? What does diversity mean? What are diverse relationships? (LGBTQ) Is sexuality fixed? What sources of support are there? What does being fertile mean? What can affect a person's fertility? (menopause, STI's, Lifestyle) What fertility support is available? What is an unhealthy relationship? What negative effects could this have on a person? What could you do if you notice unhealthy characteristics in your own or a friend's relationship?</p>