



Key Terms

Risk	(n) A situation involving exposure to danger. (v) Expose (someone or something valued) to danger, harm, or loss
Anxiety	An uncomfortable feeling of nervousness or worry about something that is happening or might happen in the future.
Fatigue	Extreme tiredness
Tolerance	The capacity to endure continued subjection to something such as a drug or environmental conditions without adverse reaction.
Blue Light	Blue light is a colour in the visible light spectrum that can be seen by human eyes. Blue light is a short wavelength, which means it produces higher amounts of energy.
Mental Health	A person's condition with regard to their psychological and emotional well-being
Dopamine	a compound present in the body as a neurotransmitter and a precursor of other substances including adrenaline.
Compulsion loops	A <i>compulsion loop</i> (or <i>core loop</i>) is a cycle of activities that are encouraged to be looped or repeated because of a neurochemical reward (in the form of dopamine) released into your brain.
Addiction	the fact or condition of being addicted to a particular substance or activity
Gambling	play games of chance for money; bet
Serotonin	Serotonin is a neurotransmitter . It plays an important role in regulating mood, sleep, and your digestive system.
Unethical	Not morally correct

What Skills will I Develop in Heart for Life?

Each lesson will have opportunities to develop your skills through a variety of learning activities, ranging from:

- Thinking skills
- Enquiry and evaluation skills
- Research skills
- Debate and communication skills
- Active learning.
- Reflective learning skills.
- Personalised learning skills.
- Revision and recall.



Overview

This unit of work is about learning how people can be treated unfairly, and recognising how that is wrong. We will explore several key types of discrimination and what we as a community can do to overcome it.

We will celebrate diversity and the good it can bring to our society. You will consider the impacts of prejudices and the strategies for overcoming discrimination by looking at Human Rights, British Law and diversity in modern day Britain. The Equality Act 2010.

Students will learn about The UN Convention on the Rights of the Child (UNCRC) has 54 articles that cover all aspects of a child's life and set out the civil, political, economic, social and cultural rights that all children everywhere are entitled to. It also explains how adults and governments must work together to make sure all children can enjoy all their rights.

Key Concepts

British Values, Citizenship, Health and Well Being, Living in the Wider World, Human Rights.

Essential attributes developed through Heart for Life.

Self-Improvement
 Resilience
 Self-organisation
 Clarifying own values
 Developing and maintaining a healthy self concept
 Empathy and compassion
 Respect for others
 Skills for employability
 enterprise skills