

## Looking After Ourselves-Key words

<b>Puberty</b>	The physical changes through which a child's body matures into an adult.
<b>Adolescence</b>	Following the onset of puberty during which a young person develops from a child into an adult.
<b>Hormones</b>	Essential for every activity of life, including the processes of digestion, metabolism, growth, reproduction, and mood control.
<b>Mental Health</b>	Our emotional, <i>psychological</i> , and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.
<b>Emotional Health</b>	A person's ability to accept and manage feelings through challenge and change.
<b>Self Esteem</b>	An individual's evaluation of their own worth, beliefs about oneself as well as emotional states, such as triumph, despair, pride, and shame.
<b>Body confidence</b>	How a person feels about the way they look. When we have body confidence we accept, and are happy with, how we look and what our bodies can do.
<b>Healthy lifestyle</b>	A state of complete physical, mental, and social well-being.
<b>Peer pressure</b>	Peer pressure is the direct influence on people by peers, or the effect on an individual who gets encouraged to follow their peers by changing their attitudes, values or behaviours to conform to those of the influencing group or individual. This can result in either a positive or negative effect, or both.

## 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

Students will explore the different stages of puberty and changes during adolescence. They will consider how puberty impacts their emotional and mental health, how they can cope with hormonal changes and maintain a healthy lifestyle throughout their adolescence. Students will also look at strategies to maintain positive self esteem and body confidence through puberty and hormonal changes.

## Key Concepts

Relationships, Living in the Wider World and Health and Wellbeing.

## 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

## Politics & Participation -Key Terms

<b>Political Rights</b>	Entitlement to participate in the civil and political life of society and the state without discrimination or repression.
<b>Human Rights</b>	Are the basic <i>rights</i> and freedoms that belong to every person in the world, from birth until death. They apply regardless of where you are from, what you believe or how you choose to live your life. These basic <i>rights</i> are based on shared values like dignity, fairness, equality, respect and independence.
<b>Legal Rights</b>	Rights and freedoms according to the UK law.
<b>Moral Rights</b>	Basic rights and freedoms protected by ethical and moral philosophy and law.
<b>Parliament</b>	The group of (usually) elected politicians or other people who make the laws for their country
<b>Democracy</b>	The belief in freedom and equality between people, or a system of government based on this belief, in which power is either held by elected representatives or directly by the people themselves.
<b>MPs</b>	The UK public elects Members of Parliament (MPs) to represent their interests and concerns in the House of Commons.
<b>PM</b>	The Prime Minister is the head of Government in a parliamentary system.
<b>Petitions</b>	A formal written request, typically one signed by many people, appealing to authority in respect of a particular cause.

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## Overview

Students will explore the UK parliamentary system, the role of MPs and the prime Minister, how laws are made and what it means to live in a democratic country.

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## Money & Me-Key Terms

<b>Savings account</b>	Accounts specifically designed for you to save money in, usually best for saving larger amounts of money.
<b>Delayed gratification</b>	Postponing the sense of enjoyment from immediate spending to sometime further in the future.
<b>Debt</b>	Money you owe to another person or organisation.
<b>Bank account</b>	A service from a bank or building society which lets you pay in money, get cash out and pay bills. The bank keeps a record of all transactions.
<b>Budgeting</b>	The process of managing your money and the balance between your income and your outgoings.
<b>Loan:</b>	A sum of money that you borrow from a person or organisation, usually with interest.
<b>Salary</b>	An amount of money paid to an employee for a job, usually paid directly into his or her bank account every month.
<b>Financial Risk:</b>	To gain financial rewards, there is often some element of risk involved – the outcome of a financial decision may not be certain or guaranteed.
<b>Fraud</b>	When a person dishonestly and deliberately deceives a victim for personal gain of property or money.
<b>Identity theft</b>	Identity theft: This is a type of fraud and is the act of a person illegally obtaining information about someone else for financial gain.

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## Overview

Students will explore themes around saving, borrowing and the world of work to give them knowledge, skills, and attitudes they need to make informed decisions about managing their money. The unit will help students think about how they can become financially capable so they can manage their money successfully and achieve future goals in life.

## Key Concepts

Relationships, Living in the Wider World and Health and Wellbeing. Clear cross-curricular links with Maths.

## Essential Attributes Developed Through Heart for Life.

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