



Topic 1 - How can social media and peer pressure impact my health and well-being?

G	R	O	W
You were able to analyse ways we can challenge gender stereotypes and improve our self-esteem/body confidence.	You were able to evaluate reasons why we can't entirely trust what we see on social media.	You were able to explain the dangers of social media and how social media influences perceptions of body image and gender stereotypes.	You can identify one way using social media can impact our body image. You gave examples of typical male and female stereotypes.
You were able to suggest ways we can improve our self-esteem and advise a friend who may be struggling with low self-esteem.	You understand and can explain how social media can impact our self-esteem.	You have explained 2 reasons why someone might have bad self-esteem.	You can identify reasons why a person may suffer with low self-esteem.
You were able to consider both perspectives on fad diets.	You can explain the dangers of fad diets.	You can describe the importance of following a healthy diet and address the consequences of an unhealthy diet.	You can identify one benefit of following a healthy diet. You know where to go to find out more about healthy eating.
You can evaluate how regular exercise impacts your physical and mental health.	You were able to specify how exercise benefits different parts of the body.	You show an understanding of NHS recommendations for exercise.	You can identify one benefit of taking regular exercise.
You were able to use a range of keywords about health and wellbeing. You also were able to spell, punctuate and use sophisticated grammar throughout your work.	You were able to use several keywords about health and wellbeing. You also were able to spell, punctuate and use good grammar throughout your work.	You were able to use some keywords about health and wellbeing. You also were able to spell, punctuate and use good grammar throughout most of your work.	You were able to use at least one keyword about health and wellbeing. You also were able to spell, punctuate and use good grammar throughout some of your work.

Topic 2 - Are all relationships healthy?



G	R	O	W
You understand that relationships develop and change continuously.	You can explain that all relationships are different and give specific examples.	You can describe different types of relationships (e.g. friendships, romantic relationships etc).	You are able to identify two types of relationship.
You can analyse features of both healthy and unhealthy relationships.	You can explain what qualities are needed to maintain a healthy relationship (e.g. why communication is so important). You show an understanding of the consequences of being involved in an unhealthy relationship.	You can describe features of healthy relationships and give specific examples (e.g. communication). You can give examples and explain that not all relationships are healthy.	You can tell me two things you may experience when in a healthy relationship (happiness, excitement, etc). You can identify some features of an unhealthy relationship.

You are able to analyse the importance of trust and commitment in a relationship. You have explained consequences if there is a lack of trust in a relationship.	You can explain that commitment may look different in different types of relationships. You can tell me possible consequences if trust is missing in a relationship.	You are able to describe why commitment and trust are important in maintaining a healthy relationship.	You can define the terms 'commitment' and 'trust'.
You can evaluate reasons why consent is so important when engaging in sexual activity. You can analyse the consequences of not practicing safe sex.	You can explain the law on consent. You can tell me the consequences of not protecting yourself during sex (e.g. STIs).	You understand why consent is so vital in a relationship. You can describe why safe sex is so important and give examples.	You can tell me two reasons why a young person may choose to engage in a sexual relationship. You can define the terms 'consent' and 'safe sex'.
You can analyse the consequences of an unhealthy relationship and could confidently advise someone on where to seek support should they need it.	You can explain symptoms of an unhealthy relationship and why abuse in a relationship is so harmful.	You can describe some signs of an abusive relationship. You could advise someone of where to seek help should they be experiencing abuse in a relationship.	You are able to define the term 'abuse' and list key types of abuse (physical, emotional, sexual, financial etc).
You can analyse key emotions a person may experience when suffering with bereavement. You can evaluate coping strategies someone may turn to - these can be healthy and unhealthy.	You can explain why bereavement is so distressing and the impact it has on mental health and well-being. You are able to explain some key emotions people may experience.	You understand that bereavement can happen at any time and it is natural for people to act in different ways. You can identify some methods people may use to cope with bereavement.	You can define the term 'bereavement' You can give me examples of emotions a person may experience when suffering with bereavement..

Topic 3 - How does addiction impact individuals and those around them?



G	R	O	W
You can analyse the differences between different types of drugs (e.g. form, use etc).	You can explain the law around medically prescribed drugs and confidently explain the difference between illegal and legal drugs.	You can describe the difference between legal and illegal drugs. You show an understanding of the law on medically prescribed drugs.	You can tell me what the word 'drug' means. You can give an example of a legal, illegal and medically prescribed drug.
You can analyse reasons why the classification of drugs is important. You can argue whether Cannabis should be a Class A or Class B drug.	You can explain why creating and dealing drugs carries a harsher sentence than taking drugs. You are able to explain why Cannabis is a Class B drug.	You can describe the difference between Class A, B and C drugs and give examples. You can state key features of the law on the classification of drugs.	You show an understanding of how the classification of drugs work (e.g. class A drugs carry the harshest punishment.
You can analyse reasons why there is a surge in young people using psychedelic drugs.	You can explain how different types of drugs effect the body. You are able to explain why psychedelic drugs are such a significant problem.	You are able to distinguish between depressants, stimulants and psychedelics and give specific	You can identify one difference between depressants, stimulants and psychedelics.

		examples of the impact they have on the body.	
You can analyse the consequences of regular alcohol abuse on individuals and those around them.	You are able to explain the effects of drinking too much alcohol.	You can describe key features of the law on alcohol consumption. You show an understanding of the recommended health advice regarding alcohol consumption for adults.	You can tell me two ways alcohol affects the body. You can identify one long-term consequence of regular alcohol abuse.
You can analyse the benefits of quitting smoking.	You can explain the benefits of quitting smoking and how to access support to do so.	You understand how the components of cigarettes lead to disease.	You can define the terms 'nicotine', 'tar' and 'carbon monoxide' and state one way they affect the body. You can list reasons why people smoke.

Topic 4 - Why is it vital we prevent history from repeating itself?



G	R	O	W
You can analyse the consequences of prejudice and discrimination and explain why it is important to protect other people's rights. You can analyse strategies to challenge prejudice and discrimination.	You can explain the importance of respecting and celebrating differences in society. You can give examples of how we can challenge prejudice and discrimination.	You understand that there are different groups in our communities and that everyone is different. You understand that there are different types of prejudice and discrimination. You can describe a potential consequence of prejudice and discrimination.	You can reflect on the word 'difference' and what it means. You are able to define the terms 'prejudice' and 'discrimination'. You can identify two different groups of people who live in your local community.
You can evaluate the long term impact of prejudice and discrimination.	You can explain why it is important to defend other people's rights - using the Holocaust as an example.	You can describe what might happen when discrimination is left unchallenged. You understand the meaning of 'Ethnic cleansing' and 'Genocide' and can link this to the Holocaust.	You can give me two key facts about the Holocaust. You can tell me one way Jews were discriminated against in Germany.
You can evaluate reasons why hate crimes carry a more severe sentence than other similar crimes. You have analysed the benefits of living in a multicultural society.	You can explain the difference between a hate crime and a regular criminal offense. You can explain and give examples of what communities can do to challenge hate crime.	You understand the terms 'Islamophobia' and 'radicalisation'. You can describe the potential consequences for people convicted of hate crime.	You can tell me the names of 3 different world religions. You can tell me the meaning of 'hate crime'.

Topic 5 - How is Britain governed?



G	R	O	W
<p>You are able to analyse services provided by local governments and how society can benefit.</p> <p>You can evaluate key differences between local and national government.</p>	<p>You can explain the role of local councils & councilors.</p> <p>You can explain how services provided by local governments can benefit society.</p>	<p>You can describe the role of local councils, how it is funded and some services they provide.</p> <p>You can tell me a key difference between local and national government.</p>	<p>You can identify one service local councils provide.</p> <p>You show some understanding of how local governments are funded.</p>
<p>You can analyse arguments for and against devolution in the UK.</p>	<p>You can explain arguments for and against devolution in the UK.</p>	<p>You understand the need for regional governments and assemblies.</p> <p>I can identify key law making powers held by the devolved nations.</p>	<p>You can tell me the definition of 'devolution' and 'regional government'.</p> <p>I can label the devolved nations on a map of the United Kingdom.</p>
<p>You can analyse and explain the most and least important features of the charter.</p>	<p>You can evaluate which features of the charter are most important and why.</p>	<p>You can label 10 commonwealth countries on a map and match them to the correct continent.</p> <p>You can describe key features of the commonwealth charter.</p>	<p>You can define the term 'commonwealth'.</p> <p>You can give me 5 examples of commonwealth countries.</p> <p>You can identify some key strengths of the commonwealth.</p>