

Toynbee Curriculum

KS4 Knowledge Maps

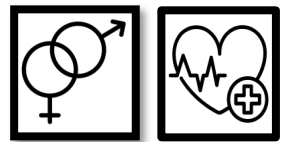
PSHCE

Personal Best

Toynbee School



PSHCE Knowledge Map – YEAR 10



HEALTHY RELATIONSHIPS



Define: **Conception**

The point when the sperm meets the egg and a foetus is conceived.

What are the terms for STI?

There are many types of sexually transmitted infections, including human papillomavirus (HPV), HIV, genital herpes, chlamydia, gonorrhoea, and syphilis. If not treated, some sexually transmitted infections can lead to long-term health problems. Also called sexually transmitted disease, STD, and STI

Define: **Sexually transmitted Infection**

Sexually Transmitted Infections are infections that are passed on mainly through sexual contact both vaginally, anally and orally.

Things to Remember

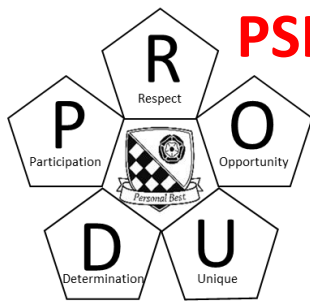
- You can have an STI and not know it.
- Only a Doctor can diagnose an STI.
- If you are diagnosed with an STI you must inform prior partners so they can be tested.
- Some STI's can be transmitted without having sex

Infection	Symptoms	Treatment
Chlamydia: <i>Bacterial infection</i>	Women often have no symptoms or may have pain with sexual intercourse, lower abdominal pain, changes in bleeding pattern. Men may have no symptoms or may have watery or thick discharge from penis, pain or urinating.	Antibiotics
Gonorrhoea: <i>Bacterial infection</i>	Women usually have no symptoms, but may have pain with sex, vaginal discharge, lower abdominal pain. Men may have no symptoms or discharge from penis, discharge from anus, pain in testicles, pain on urinating.	Antibiotics
Syphilis: <i>Bacterial infection</i>	Painless ulcer (chancre) usually on genitals; later swollen glands, rash, hair loss.	Antibiotics
Bacterial vaginosis <i>Bacterial Infection</i>	If the control of the normal bacteria in a healthy vagina fails, an overgrowth of certain bacteria can occur. Greyish white, smelly vaginal discharge.	Oral tablets and/or vaginal pessaries.
Genital warts <i>Viral Infection</i>	Fleshy or flat lumps on or around genitals, anus, groin or thigh.	Visible warts can be treated, but the infection cannot be cured.
Genital herpes <i>Viral Infection</i>	Painful, red blisters, little sores or ulcers, flu-like symptoms, and sometimes a discharge.	Anti-herpes drugs and pain relief can be given to treat symptoms, but the infection cannot be cured.
Hepatitis B <i>Viral infection</i>	May have no symptoms or mild flu-like illness or vomiting, abdominal pain, dark urine and yellowing of the skin and whites of the eyes. Can be passed on through vaginal, anal or oral sex without a condom with someone who has the infection; from mother-to-baby. By sharing needles, syringes, toothbrushes, razors and unsterilized instruments that pierce the skin.	Not curable, but it is treatable with Anti-viral medications
Trichomoniasis <i>Parasitic Infection</i>	Women may have no symptoms, but there may be a yellowy-green frothy vaginal discharge. Men usually have no symptoms.	Antibiotic tablets and/or vaginal pessaries.
Pubic lice – crabs <i>Parasitic Infection</i>	Intense itching in the pubic area, small nits (eggs) on pubic hair.	Special shampoo, cream or spray applied to pubic area. Wash all clothing and bed linen.
HIV <i>Human Immunodeficiency Virus</i>	HIV attacks the white blood cells and causes damage to the immune system so that it can be difficult to fight off infections. Usually no obvious symptoms for many years. HIV can be transmitted through blood, semen and vaginal fluids, sharing needles and from mother-to-baby.	No immunisation or cure available although there are medications to manage the condition.
Pelvic inflammatory disease (PID)	An infection of the womb and fallopian tubes that can cause infertility. Pain during sex, sore abdomen or back, heavy, irregular or painful periods, spotting, high temperature, feeling sick; sometimes no symptoms.	Antibiotics and rest.

Key words

Condom, contraceptive pill, implant, injection, Femidom, intrauterine device (IUD), intrauterine system (IUS), dental dam

PSHCE Knowledge Map – YEAR 10



LIVING IN THE WIDER WORLD

Analyse Research something carefully in order to form a judgement

Bank of England The UK's central bank – it is responsible for keeping the economy healthy and the financial system safe

Bank Rate The interest rate at which the Bank of England lends money to high street banks. It influences the interest that high street banks charge, or pay, their customers

Critical consumer Someone who thinks carefully about a decision to buy something

Debt Money that is owed – and that is expected to be paid back – by an individual, business or country.

Inflation When prices for goods and services in general are rising. Usually expressed as an annual percentage.

Interest The cost of borrowing and the money earned on savings

Interest rate the percentage by which interest is calculated. For example, a loan of £1000 at an interest rate of 5% would incur interest of £50 per year

Pension Income received by retired people either from the Government as benefit or from their former employer, to which they will have contributed during their working lives by paying tax or by making payments into a pension fund.

Tax Contributions from individuals, consumers and businesses to fund Government policies and services such as schools, hospitals, defence, the Civil Service and other Government spending



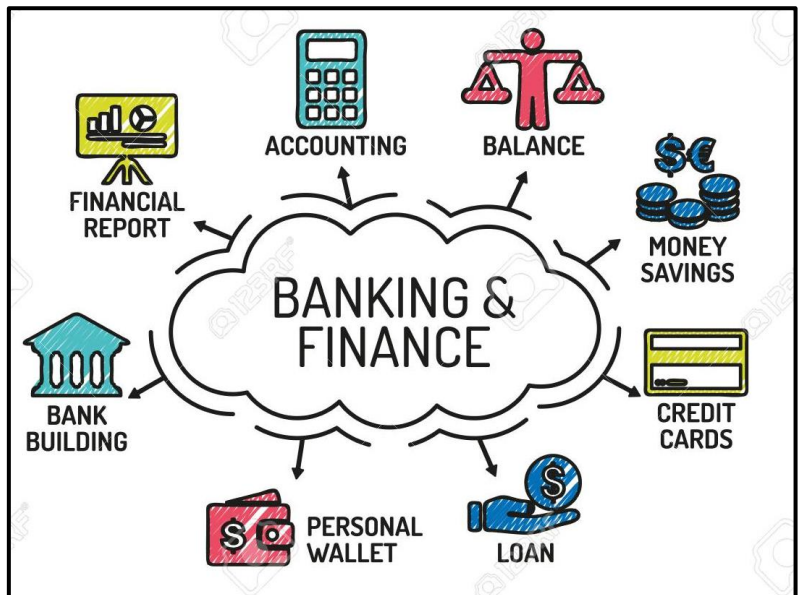
Ten ways to get the most out of work experience

- Make a good first impression. First impressions really do count. . .
- Get to know people. Greet everyone you meet with a smile and try and introduce yourself to everybody you'll be working with. .
- Be organised. . .
- Get involved. . .
- Ask questions. . .
- Make suggestions. . .
- Offer to help. . .
- Make notes.

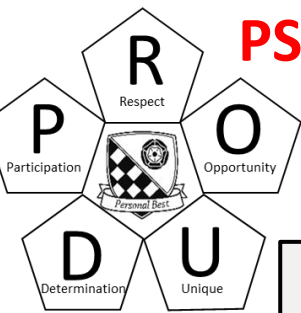
Why people might create/share conspiracy theories

How to spot conspiracy theories online (e.g., in headlines)

The potentially negative impact of conspiracy beliefs



PSHCE Knowledge Map – YEAR 10



HEALTH & WELL BEING

Key words
Mental health, emotional wellbeing, wellness, healthy/unhealthy coping strategies, reliability

What are the 4 types of mental health?
mood disorders (such as depression or bipolar disorder) anxiety disorders. personality disorders. psychotic disorders (such as schizophrenia)

Anxiety Disorders
Anxiety is an evolutionary and survival mechanism which is often linked to the flight or fight response. The brain responds to a perceived threat or danger by releasing stress hormones such as adrenaline and cortisol which cause the physical symptoms of anxiety. Once the threatening situation has stopped, the body will usually return to normal. But if someone has an anxiety disorder these feelings of fear and danger can be ongoing and interrupt their daily routine long after the threat has gone. They can make them feel like things are worse than they actually are

General Anxiety Disorder is a long-term condition that causes a person to feel anxious about a wide range of situations and issues, rather than a specific event. People with GAD feel anxious most days and often struggle to remember the last time they felt relaxed. As soon as 1 anxious thought is resolved, another may appear around a different issue.

Social Anxiety Disorder, also called social phobia, is a long-lasting and overwhelming fear of social situations. Social Anxiety is more than shyness. It's an intense fear that does not go away and affects everyday activities, self-confidence, relationships and work or school life.

Things to Remember

- Everyone experiences stress and anxiety at points in their lives.
- Only a Doctor or Mental Health Professional can diagnose Chronic Stress or an Anxiety Disorder.
- There are treatments available and coping mechanisms.
- Having a stress or anxiety disorder is not a sign of weakness and is more common than people think

The Importance of Self Care

At times people may feel guilty for spending time on themselves. But it's essential for mental wellbeing and can help people to be more resilient.

- Some self care techniques include
- Doing something you enjoy
 - Relaxation techniques
 - Get outdoors and fresh air
 - Exercise
 - Mindfulness

If someone is living with a mental health problem, taking steps to look after their mental health can help you improve your wellbeing.

- Strategies can include:
- Knowing triggers and warning signs
 - Keeping a mood diary
 - Building your self esteem.
 - Talking to someone

Define: **Mental Illness**

Mental illnesses comprise of a broad range of problems, with different symptoms. However, they are generally characterized by some combination of abnormal thoughts, emotions, behaviour and relationships with others.



PSHCE Knowledge Map – YEAR 11



LIVING IN THE WIDER WORLD


KEEP CALM AND APPLY TO COLLEGE



Define: National Insurance The system of compulsory payments by employees and employers to provide state assistance for people who are sick, unemployed, or retired.

How is National Insurance calculated.

As an employee: You pay National Insurance contributions if you earn more than £166 a week before tax you pay 12% of your earnings above this limit and up to £962 a week the rate drops to 2% of your earnings over £962 a week.

For example, if you earn £1,000 before tax, you pay:

- Nothing on the first £166
- 12% (£95.52) on the next £796
- 2% (£0.76) on the next £38.

Therefore you would expect to pay

- £96.28 per week / £417.21 per month
- Employers pay 0% on employee's pay up to £156 a week (£8,112 a year); 13.8% on pay above this

PERSONAL STATEMENT

What to do & what to avoid

Do

- Sell yourself
- Be enthusiastic
- Be relevant
- Be clear
- Be positive
- Get feedback

Don't

- Be modest
- Exaggerate
- Quote others
- Leave it late
- Copy & paste
- Worry

THERE ARE FOUR LEVELS OF APPRENTICESHIPS

INTERMEDIATE	ADVANCED	HIGHER	DEGREE
LEVEL 2	LEVEL 3	LEVELS 4, 5, 6 & 7	LEVELS 6, 7
Equivalent to 5 GCSE's grade A* - C/4	Equivalent to 2 A Levels	Equivalent to a Foundation Degree or above	Equivalent to a Bachelor's/ Masters Degree

How is income tax calculated.

As an employee:

- You pay 0% on earnings up to £12,500* for 2019-20
- Then you pay 20% on anything you earn between £12,501 and £50,000
- You'll pay 40% income tax on earnings between £50,001 to £150,000
- If you earn £150,001 and over you pay 45% tax.

For example, if you earn £52,000 a year, you pay: Nothing on the first £12,500 20% (£7,500.00) on the next £37,500 40% (£800) on the next £2,000. Therefore, you would expect to pay, £8,300 per year / £691.66 per month

Taxes

[Taksax]

Mandatory payments collected from individuals and corporations by a government entity to fund government activity.



Define: Taxation A means by which governments finance their expenditure by imposing charges on citizens and corporate entities

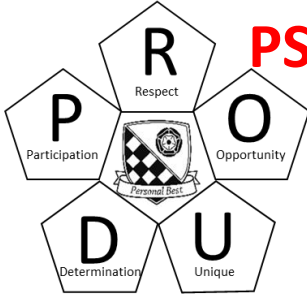
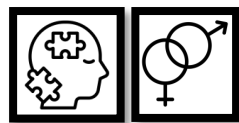
Define: Deductions Any item or expenditure subtracted from gross income to reduce the amount of income.

Define: Direct Taxation Are usually obvious amounts such as income tax which you can see being taken from your pay or have to pay direct to HMRC. Other direct taxes include corporation tax, capital gains tax and inheritance tax.

What do National Insurance Contributions go towards

- State retirement pension;
- Bereavement benefits for spouse/civil partner;
- Contribution-based Jobseeker's allowance;
- Contribution-based Employment and Support Allowance.
- The NHS National Insurance payments cannot be used directly to fund general government spending

PSHCE Knowledge Map – YEAR 11



HEALTHY RELATIONSHIPS

Influences on Family Dynamics



Options for Unplanned Pregnancy

Keep the Baby	When deciding if to keep the baby the people involved need to consider not just the financial implications such as the cost of raising a child but also the impact on income if one parent has to stay home to care for the child. They also need to consider the support that they have around them in terms of friends and family.
Adoption	Adoption is the least common choice for unplanned pregnancy in the UK. It means that the birth parents give up all legal rights to the child and allow other people to raise their child. Adoption are arranged through social services and adoption agencies but they are made legal by court order. Once an adoption order is made legal it cannot be undone and the level of contact between birth parents and adoptive parents are settled by those involved. An adoption order cannot be issued until the baby is at least 6 weeks old. No one can force you to put a baby up for adoption even if you are under 18, and the father's permission is only needed if he is named on the birth certificate. Again information on the father cannot be forced. However a court can decide the adoption can go ahead without your consent if it thinks the child would be put at risk if they were not or if it is determined that you're incapable of giving consent, for example due to a mental disability.
Abortion	<p>Abortions are quite common and about 1/3 of women will have had an abortion by the time they are 45. If you live in England, Wales or Scotland, two doctors need to agree that continuing the pregnancy will cause you significant physical or mental distress. Once they have agreed, you have until 24 weeks into the pregnancy to have an abortion. A GP will not perform the abortion but will refer you to a specialist service like the Marie Stopes Clinic. You do not need the permission of the father in order to have an abortion nor do you need the permission of your parents if you are under 16 and are considered mature enough to make medical decisions. A woman can change her mind at any point in the process. If your GP does not agree with abortion and refuses to refer you for the procedure, you have the right to go to another Doctor for the referral.</p> <p>There are two ways of ending an unwanted pregnancy; a medical abortion or a surgical abortion. Which you have depends on many factors, including how far along in the pregnancy you are.</p> <ul style="list-style-type: none"> Up to 10 weeks: Early medical abortion – sometimes known as 'the abortion pill' - Early medical abortion can involve two visits to a clinic and is performed in the first ten weeks of pregnancy. This method involves taking two medicines which end a pregnancy. It's not the same as emergency contraception. Up to 15 weeks: Vacuum aspiration – sometimes known as 'the suction method' - For this procedure either a general (asleep) or local (awake) anaesthetic would be given. The procedure only takes about 5-10 minutes and there is no wound or stitches. The cervix is gently stretched to allow a thin tube to pass through it into the womb. Once the tube is inserted the pregnancy is removed by suction. Most people only take an hour or so to recover and go home the same day. Abortions after 15 weeks Abortion after 15 weeks is less common and most abortions happen in the first 13 weeks of pregnancy.

Define: Pregnancy

The condition or period of being pregnant.

Define: Fertility

The ability of people to conceive a child.

Define: Infertility

The inability or difficulty to conceive a baby through natural methods

Define: Miscarriage The spontaneous or unplanned ending of a pregnancy before the fetus can survive independently.

How I know if a person has given consent?

Remember that consent **MUST** be given verbally



COERCION

Physical violence

Includes beating, pushing, slapping, etc.

Sexual coercion

Abuser forces unwanted sexual activity.

Intimidation

Abuser threatens victim and instills a fear of disobedience, resistance or escape.

Humiliation

Abuser embarrasses victim in front of others.

Degradation

Abuser makes victim perform ritual enactments, generally focused on victim's insecurities.

Isolation

Abuser cuts victim off from sources of social support.

CONTROL

Deprivation

Abuser strips victim of rights and basic resources, including food, money, transportation, etc. Victim becomes dependent.

Exploitation

Abuser treats victim like a servant and takes what is theirs.

Regulation

Abuser creates rules for how victim goes about daily life. Victim becomes captive.

How to draw boundaries Remember that nobody else should have control of or access to your body unless you want them to

Inappropriate contact- When someone touches you who shouldn't, or in a way they shouldn't

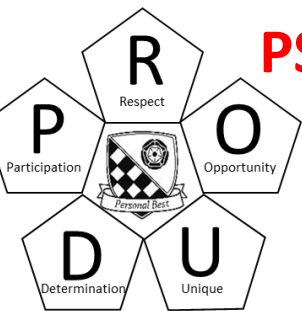
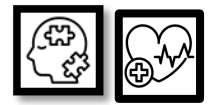
Consent – to give permission for something to happen. Non-consensual – doing something without someone's permission.

Non-consensual sex – the word we usually use for this is rape.

HAMPSHIRE DOMESTIC ABUSE PARTNERSHIP

Recognise it. Seek help.





HEALTH & WELL BEING

Managing risk and influence

Self-regulation

- pacing drinking to reduce overall alcohol consumption
- considering healthy coping strategies
- choosing not to use substances

Social strategies

- assertive 'no thanks' to offers
- establishing expectations with friends
- staying in pairs in independent situations
- assertive explanation

Locate support

- locating first aid services
- contacting law enforcement services
- discussing support with parents/family
- contacting young people's support services/organisations

Importation

disproportionate exploitation of individuals from a position of socio-economic disadvantage
environmental impacts of transport

Use

varying levels of harm to health and wellbeing, finances and employment, relationships and safety
legal consequences
wider impacts upon legal and health services

Production

poor working conditions or pay for individuals in the production process
environmental impacts including the energy requirements for cultivation

Supply

exploitation of vulnerable groups including children
damage to the reputation of communities in which substances are sold
financing of other criminal activity



Class	Examples	Sentence for Possession	Sentence for Dealing
Class A	Ecstasy, LSD, heroin, cocaine, crack, magic mushrooms, amphetamines (if prepared for injection).	Up to seven years in prison or an unlimited fine or both.	Up to life in prison or an unlimited fine or both.
Class B	Amphetamines, Methylphenidate (Ritalin),	Up to five years in prison or an unlimited fine or both.	Up to 14 years in prison or an unlimited fine or both.
Class C	Tranquilizers, Cannabis, some painkillers, Gamma hydroxybutyrate (GHB), Ketamine.	Up to two years in prison or an unlimited fine or both.	Up to 14 years in prison or an unlimited fine or both.
Temporary Class	The government can ban new drugs for 1 year under a 'temporary banning order' while they decide how the drugs should be classified.	None, but police can take away a suspected temporary class drug	Up to 14 years in prison, an unlimited fine or both

Influences on decision making

Internal

Influences that come from the person themselves such as:

- own perceptions, attitudes and beliefs
- whether actions fit with one's own values or goals

External

Influences that come from a person's surroundings such as:

- actions/attitudes of friends or celebrities
- culture, school ethos or family beliefs/expectations
- media influences

These are the maximum sentences that could be imposed but there are a number of factors which will determine the sentence given if someone is charged and convicted of a drug offence.
In most cases a first-time possession offence will lead to a caution and confiscation.
A caution is not a criminal conviction, but it could be used as evidence of bad character if you go to court for another crime.

Supply Being caught selling drugs or medicines to other people.

Rehabilitation

Drug users are sent to specialist clinics to help them break their addiction and often the causes of it as well.