

Changing Me

Year 10 Term 6

The Big Question

Can all change be positive in some way?

The ‘Changing Me’ theme covers the following topics;

Changing society and me

Managing change and decision-making

Identifying risk and managing personal safety

Stereotypes and exploring relationships

Physical and emotional changes

Piece 1 - Healthier, long term relationships

This topic discusses changes in society that could affect me, the emotional impact societal change can have on young people and the role of media, including social media, on social change.

Piece 2 - Managing change and decision-making

This topic discusses the feelings associated with change, both positive and negative, types of decision-makers and the impact of a range of changes that families can experience.

Piece 3 - Identifying risk and managing personal safety

This topic discusses how to identify potential risks to personal safety in a number of common situations, recognise how increasing independence means more self responsibility for personal safety and risks associated with life experiences when no adults are present.

Piece 4 - Stereotypes and exploring relationships

This topic discusses gender and stereotypes in relation to a range of romantic relationships and identifying and understanding the legislation relating to a range of relationships.

Piece 5 - Physical and emotional changes

This topic discusses reflection on physical changes experienced so far, the relationship between physical change, self-esteem and emotional change along with the impact of family change and how it can affect future relationships.

The Big Question

Can all change be positive in some way?