

## Year 10 Be More Learning Programme 3

The LORIC skill focus for this LP is: RESILIENCE The values for this LP are COMPASSION and HONESTY Respect - treat others how you would wish to be treated yourself. Justice - our College rules are fair and reasonable		<b>Literacy Non-Negotiables:</b> <ul style="list-style-type: none"><li>• Capital letters must be used at the start of sentences and for the first letter of proper nouns</li><li>• Full stops must be used at the end of a sentence</li><li>• Question marks must be used at the end of a question</li><li>• Apostrophes should only be used for possession or omission</li><li>• Days of the week and months must be spelled correctly</li><li>• Key words must be spelled correctly</li><li>• Vocabulary to be taught using the Frayer model</li></ul>		
<b>What will I be learning about in this Learning Programme?</b> I will be learning about healthy intimate relationships, particularly the influence of drugs and alcohol on risky sexual behaviour. I will also be learning about the media and whether the internet is a good influence on our lives.				
<b>Where have I seen this learning before?</b> During KS3 I will have learnt what makes a good relationship, I will have also learnt about our lives online and wellbeing.				
<b>What could I use it for?</b> You will build upon your learning in this LP in every PSHE lesson throughout the rest of your time at BHA, so you will add to this knowledge lesson by lesson.				
<b>In LP3.1, I will know:</b>		<b>05/01/26 - (WK 2)</b>	<b>Frayer Model Words</b>	<b>Homework</b>
the impact of drugs on decision-making and risky sexual behaviour. what a democracy is and what key features democratic communities have. how to show respect by actively listening to others.			Decision	
<b>In LP3.2, I will know:</b>		<b>12/01/26 - (WK 1)</b>	<b>Frayer Model Words</b>	<b>Homework</b>
how alcohol can influence decision-making and lead to risky sexual behaviours. how to plan for my work experience. how to show justice by speaking up when something is not right.			Inhibition	
<b>In LP3.3, I will know:</b>		<b>19/01/26 - (WK 2)</b>	<b>Frayer Model Words</b>	<b>Homework</b>
the impacts of the internet, how to spot false information and how to explain the risks of illegal online behaviours. what rights are and which rights children are entitled to. how to show respect by being punctual and not wasting the time of others.			Influence	
<b>In LP3.4, I will know:</b>		<b>26/01/26 - (WK 1)</b>	<b>Frayer Model Words</b>	<b>Homework</b>
how online communications can impact relationships and how to communicate safely online. how to plan for my work experience. how to show justice by being inclusive and accepting everyone regardless of our differences.  Extended Task.			Manipulation	
<b>In LP3.5, I will know:</b>		<b>02/02/26 - (WK 2)</b>	<b>Frayer Model Words</b>	<b>Homework</b>
which online resources are reliable sources of support and advice. what equality is and understand how the Equality Act 2010 protects people against discrimination and inequality. how to show respect by taking care of the school property.			Reliable	
<b>In LP3.6, I will know:</b>		<b>09/02/26 - (WK 1)</b>	<b>Frayer Model Words</b>	<b>Homework</b>
how data is collected, sold and used online and explain how to protect my sensitive data. why wellbeing is important in the workplace and give examples of good practice for well being in the workplace. how to show justice by supporting others and seeking help when required. what discrimination is and describe some of the effects of it upon individuals and groups in society.			Monitor	
<b>LP3 RLW, I will:</b>		<b>23/02/26 - (WK 2)</b>	<b>Frayer Model Words</b>	<b>Homework</b>
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.				
<b>In LP3.7, I will know:</b>		<b>02/03/26 - (WK 1)</b>	<b>Frayer Model Words</b>	<b>Homework</b>
how the internet can be used in education, work and business. what reasonable adjustments are in the workplace and be able to give examples of how they help people. how to show respect by recognising and celebrating the achievements of myself and others.  Extended Task.			Interactive	
<b>Resources to support learning:</b>				
For support, please see your school nurse, AR teacher, learning coach or head of learning to organise a time to discuss. www.youngminds.org.uk                      www.nhs.uk www.papyrus-uk.org                      www.commonssensemedia.org www.nspcc.org.uk				
<b>FFET Award Challenge for this Learning Programme:</b>				
To create a guide for teenagers about online behaviour and how to protect yourself online.				


**PRT Task 1**

**PRT Task 2**