

Subject: Health Year:10

WEEKS	TOPIC	LEARNING FOCUS	Victorian Curriculum Strands & Substrands
1-7	Mental Health	<ul style="list-style-type: none"> - Develop an understanding of Mental health and the effects that it has on people - Explore the impact that social isolation and stigma has on those who have a Mental illness - Explore the role of family friends and communities - Investigate specific Mental health illnesses - Research awareness campaigns and support services - Research community based support services 	<p>1. Being healthy, safe and active 1D. Identify and critique the accessibility and effectiveness of support services based in the community that impact on the ability to make healthy and safe choices</p> <p>3. Contributing to healthy and active communities 3C. Critique behaviours and contextual factors that influence the health and wellbeing of their communities</p>
8 - 14	Drugs and Alcohol	<ul style="list-style-type: none"> - Harm minimisation - Investigate specific drugs and their effects on people - Binge drinking and the effects it has on the wider community - Influence that Drugs and Alcohol have on our society 	<p>2. Communicating and interacting for health and wellbeing 2C. Evaluate health information from a range of sources and apply to health decisions and situations</p> <p>3. Contributing to healthy and active communities 3A. Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities</p>

15-20	Sexual health and relationships	<ul style="list-style-type: none"> - Explore healthy/unhealthy relationships, our responsibilities within those relationships and different types of relationships - Explore sexually transmitted infections, contraception and safe relationship 	<p>1. Being healthy, safe and active</p> <p>1B. Examine the impact of changes and transitions on Relationships</p> <p>2. Communicating and interacting for health and wellbeing</p> <p>2A. Investigate how empathy and ethical decision-making contributes to respectful relationships</p>