

Year Level: 10

KLA: HPE

Subject: Health

Week	Unit	Learning Focus	Victorian Curriculum
1 -7	Mental Health	<p>Develop an understanding of Mental health and the effects that it has on people</p> <p>Explore the impact that social isolation and stigma has on those who have a Mental illness</p> <p>Explore the role of family friends and communities</p> <p>Investigate specific Mental health illnesses</p> <p>Research awareness campaigns and support services</p> <p>Research community based support services</p>	<p>Being healthy, safe and active</p> <p>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. (VCHPEP145)</p> <p>Contributing to healthy and active communities</p> <p>Critique behaviours and contextual factors that influence the health and wellbeing of their communities. (VCHPEP151)</p>
8 -14	Sexual health and relationships	<p>Safe schools coalition</p> <p>Explore healthy/unhealthy relationships, our responsibilities within those relationships and different types of relationships</p> <p>Explore sexually transmitted infections, contraception and safe relationship</p>	<p>Being healthy, safe and active</p> <p>Examine the impact of changes and transitions on relationships. (VCHPEP143)</p> <p>Communicating and interacting for health and wellbeing</p> <p>Investigate how empathy and ethical decision-making contributes to respectful relationships. (VCHPEP146)</p>
15-20	Drugs and Alcohol	<p>Harm minimisation</p> <p>Investigate specific drugs and their effects on people</p> <p>Binge drinking and the effects it has on the wider community</p> <p>Influence that Drugs and Alcohol have on our society</p>	<p>Communicating and interacting for health and wellbeing</p> <p>Evaluate health information from a range of sources and apply to health decisions and situations. (VCHPEP148)</p> <p>Contributing to healthy and active communities</p> <p>Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities. (VCHPEP149)</p>