

Meden School Curriculum Planning							
Subject	PD	Year Group	10	Sequence No.		Topic	Families

Retrieval	Core Knowledge and Student Thinking
What do teachers need retrieve from students before they start teaching new content ?	What specific ambitious knowledge do teachers need teach students in this sequence of learning? What real life examples can be applied to this sequence of learning to development of our students thinking, encouraging them to see the inequalities around them and 'do something about them!'
Using the definition of commitment do categorise the statements.	<p><u>Title: What is commitment?</u></p> <p>Finish the sentence:</p> <ul style="list-style-type: none"> • A healthy relationship is one where the people in it communicate with one another; ... one where people enjoy the same things; both partners feel equal'. • A committed relationship is when two people decide to stay together in the long term; ... when partners are loyal to one another;... when two people decide to start a family. <p>Sort the statements below into three categories and discuss your reasons:</p> <ul style="list-style-type: none"> ★ Committed ★ Not committed ★ It depends <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; margin: 5px;">Getting married</div> <div style="border: 1px solid black; padding: 5px; margin: 5px;">Having children</div> <div style="border: 1px solid black; padding: 5px; margin: 5px;">Making promises but not keeping them</div> <div style="border: 1px solid black; padding: 5px; margin: 5px;">Refusing to talk about 'difficult' issues</div> <div style="border: 1px solid black; padding: 5px; margin: 5px;">Not turning up for a date</div> <div style="border: 1px solid black; padding: 5px; margin: 5px;">Being faithful</div> </div> <ul style="list-style-type: none"> • https://www.truetube.co.uk/resource/commitment-and-families/ <p>Examples of responses from the video could include:</p> <ul style="list-style-type: none"> • Definitions of commitment: trust, having someone's back, integrity, agreement, love, 'all in'

What is a committed relationship? A committed relationship is when two people decide to stay together in the long term; ... when partners are loyal to one another;... when two people decide to start a family.

- What the families are committed to, and their biggest commitment(s): children, having a home, having your partner's back and knowing they have yours
- What the families have in common: the importance they place on their children; the importance of supporting one another

Title - Why is commitment important for people?

TALK TASK – DISCUSS HOW FAR YOU AGREE WITH THESE STATEMENTS AND WHY?

- Commitment is not just about relationships
- Commitment is needed in any kind of relationship
- Marriage is the only way to show commitment to someone
- Committing to someone means forever
- Commitment to anything means hard work



A resource to inspire young people to think about what commitment means to them.

- The UK rapper and spoken word artist, who had a top 20 hit in 2015, reflects on what commitment means to him and encourages others to do the same.
- Video: <https://www.fastn.org/nick-brewer-commitment>

Here is what nick thinks about commitment.

- *"I can think of people in my life who've been there the majority of my adult life and some of those relationships have been hard work, but when you work hard at something that's when something really powerful and really special is built. It's a challenge to go against the grain and to be committed to someone or thing in whatever form it takes, but I think it's rewarding and important - especially for young people today."*

<p>What are the signs of a healthy relationship?</p> <p>What are the signs of an unhealthy relationship?</p>	<ul style="list-style-type: none"> • “Before we commit to anyone else, it’s best we commit to ourselves.” • What do you think he means? (e.g. we should work at our own skills/learning/behaviour/character to be the best version of oneself). • Why is it important to commit to oneself? (e.g. to build self-esteem; to be successful/meet personal goals) • How might it help someone’s relationships? (e.g. treating oneself well means someone is more likely to have a healthy relationship with others) • <p>FASTN surveyed over 1,000 teenagers and key findings from this research showed that:</p> <ul style="list-style-type: none"> - 79% said a lasting relationship is just as important to them as their career ambitions. - 72% wanted relationship education to help them achieve their relationship goals. - 56% said forming lasting relationships is harder now than it was for previous generations. - 62% said that a significant challenge to form a committed relationship is that people want to have a happy relationship immediately, but commitment takes time and effort. <p><u>Challenging thinking</u></p> <ul style="list-style-type: none"> • An understanding of what commitment is and what it means to various people. • Helps students to understand why commitment is important in life. <p><u>Why should we put an end to domestic violence?</u></p> <p>Domestic violence</p> <ul style="list-style-type: none"> • The impact of domestic violence and/or abuse on a family can be devastating and is a challenge experienced by families from all backgrounds. Exposure to or being the victim of domestic violence can be as damaging for a young person as experiencing it first-hand. Domestic violence includes psychological, physical, sexual, financial and emotional abuse. • It can be an act or series of acts used to punish, humiliate, harm or frighten the victim. Talking about the impact of domestic violence on your family can be an important first step to facing your family monsters. <p>How many women in the UK experience domestic violence in their lifetime? One in _____ women experience domestic violence in their lifetime</p>
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What is commitment? A committed relationship is when two people decide to stay together in the long term; ... when partners are loyal to one another;... when two people decide to start a family.

Answer:
It is one in four

How many men in the UK experience domestic violence in their lifetime? One in _____ men experience domestic violence in their lifetime

Answer:
It is one in six

This shows that domestic violence is more common than people think.

Video created by Mel B about domestic abuse

- Spice Girl Mel B has appeared in a video raising awareness about domestic violence against women, almost three years on from leaving her own abusive relationship.
- The music video called Love Should Not Hurt is made in collaboration with classical composer Fabio D'Andrea and the charity Women's Aid, The Sun reports.
- The short piece was inspired by Mel's conversations with survivors of domestic abuse and the impact of lockdown on women living with an abusive partner during Covid.

Watching a silent video of domestic abuse:

How do you think the mother is feeling in this video?

How do you think the daughter is feeling in this video?

- Severe anxiety
- Trauma
- May feel she has done something wrong (guilty)
- Confused as they still love the abuser
- Upset
- Scared
- Hurt

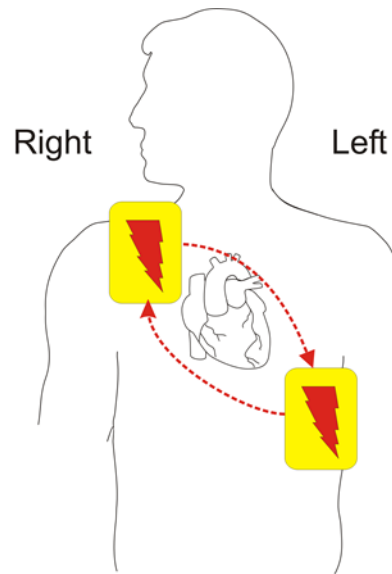
Sometimes reporting domestic abuse/ violence can feel difficult or scary. This can create barriers to reporting.

Here are some possible barriers:

- Doubting their memories of the event
- Worried people won't take them seriously
- Worried because they are reporting a relative/ loved one and the impact of this on the wider family.

<p>What is the NHS?</p> <p>Why is the NHS important?</p> <p>What groups in society don't have access to the NHS?</p>	<ul style="list-style-type: none"> • Worried things will get worse if they report it • Worried about looking weak • Unsure who to report to or what to say • Unsure if it's important enough to report • Not knowing what will happen next once they have reported. <p>Everyone is entitled to the same rights and that if these rights are being denied, it is others' responsibility to help them and to keep them safe. There are also lots of reasons to speak out, and whilst there are barriers, the benefits can help to outweigh these.</p> <p>Children need to also hear that domestic violence and abuse is not okay and that people do not deserve to have this happen in their family. It is not their fault and no one deserves to be subjected to abuse.</p> <p><u>Challenging thinking</u></p> <p>An understanding of what domestic abuse/ violence looks like and what to do if experiencing it. Helps to understand empathy and morals.</p> <p><u>Title: What is an AED?</u></p> <p>AED stands for automated external defibrillator. This is an emergency life-saving device used in the event of sudden cardiac arrest. The device analyses the heart rhythm and administers an electrical charge to the heart if needed to establish a regular heartbeat.</p> <p>How to use an AED</p> <ul style="list-style-type: none"> • Turn the AED on • Follow all the AED voice prompts • Ensure no one is touching the casualty when it is analysing • Ensure no one is touching the casualty before pushing the shock button <p>Ensure that the chest is dry</p> <p>Consider shaving the chest if it is hairy</p> <p>Use the pre-prepared pads that come with the AED, they are ready to use.</p> <p>Stick the pads onto the chest as indicated on the pads.</p> <p>Ensure each pad is securely attached</p> <p>Location of the pads:</p>
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Recap task of what is CPR?



Where to find them.

You can find AEDs in many public places, including offices, schools (Meden has one), shopping centres, supermarkets and airports. It is important that public places have AEDs because in the event of a cardiac arrest these would need to be accessed quickly; the sooner an AED is attached the sooner it can restart the heart.

If someone does not want to do life breaths:

If there's a chance the person in cardiac arrest has COVID-19, lay a cloth or towel over their mouth and nose and do hands-only CPR until emergency help gets there.

What can you do if someone is bleeding?

1. What percentage of the human body is made up of blood? Blood makes up approx. 7% of the human body.
2. Does your blood contain gold? YES there is gold within your blood! Approx. 0.2 milligrams in an adult's body (a TINY amount).
3. How many kilometres would an adult's blood vessels stretch if they were laid out in a single line? AN adults blood vessels would stretch to approx. 1,600 KM

<p>What is an AED?</p>	<p>4. Is all blood red? NO – snails, lobsters and spiders have BLUE blood.</p> <p>5. How many litres of blood are in an average adult? An average adult has 4.5 – 5.5 litres of blood inside them.</p> <p>6. Does blood keep us warm or cool? YES! It does both!</p> <p>Signs and symptoms of someone with an internal or external bleed could be:</p> <ul style="list-style-type: none"> ➤ pale, clammy, cold skin ➤ rapid pulse/heart beat ➤ rapid breathing/shortness of breath ➤ feeling dizzy ➤ distress and anxiety ➤ grey/blue tinge to the lips ➤ bruising and pain at site of the injury ➤ loss of responsiveness <p>How to save help someone who is bleeding heavily.</p> <ol style="list-style-type: none"> 1. Put on gloves 2. Apply pressure to the wound <ul style="list-style-type: none"> • (but only if there is nothing stuck in it) 3. Apply a dressing to the wound <ul style="list-style-type: none"> • the pad goes over the injury • use bandage to secure it in place • make sure the bandage is not too tight • call 999/112 4. Apply second dressing, if needed <ul style="list-style-type: none"> • no more than two dressings at a time 5. If an object is in the wound, do NOT remove <ul style="list-style-type: none"> • put a pad on either side of the object • bandage carefully over the pads without pushing the object in any further <p>What is shock?</p> <ul style="list-style-type: none"> ➤ Shock is a life-threatening medical condition which is caused by a lack of blood flow to tissues and organs in the body.
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- The decreased blood flow means there is a lack of oxygen to the organs, this can lead to tissue damage. Shock requires quick treatment to prevent organ failure
- Signs and symptoms of someone suffering from shock could be:
 - Rapid, shallow breathing
 - Cold, clammy skin
 - Rapid, weak pulse
 - Dizziness or fainting
 - Weakness
 - Sweating
 - Chest pain

Challenging thinking

What to do if someone has fallen ill.

How to save someone's life – this may be useful if a child finds that a member of the family or someone they know needs immediate life saving measures.

How to stop someone bleeding and know the dangers of shock and how to identify it.