



Year 11- Topic 1

MENTAL
HEALTH
& WELLBEING

KNOWLEDGE ORGANISER

Please fill in the confidence checker throughout the year, and make sure you look over the knowledge organsier in order to prepare for end of topic tests, and to make sure you have caught up on any work, if you have missed a lesson.

BASELINE CONFIDENCE CHECKER										
ASSESSMENT FOR LEARNING										
BEFORE LEARNING THE UNIT	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT			CONFIDENT			VERY CONFIDENT			
I can explain the difference between mental health and mental illness										
I understand the different ways mental illnesses can be categorized, and how to support someone with mental health										
I can define self harm and explain some of the triggers for self harm										
I understand the differences between self harm and suicidal thoughts										
I can explain a range of possible consequences linked to sending and receiving sexts										
I know a good range of responses to a request for a sext message, and where to get further help or support.										
I understand the differences between real life sex and Porn life sex										
I can explain the impact porn is having on society and relationships										
To explore how diet, stress and life situations can impact on health										
I am aware of different forms of organ donation and the NHS waiting lists										
I can explain the importance of giving blood, and know how the law is changing in relation to organ donation										
I can explain the signs and symptoms of testicular cancer. I understand what prostate cancer is.										
I know how to conduct a self-examination of mine or my boyfriends testicles										
I can explain the signs and symptoms of breasts cancer										
I know how to conduct a self-examination of mine or my girlfriends breasts										
I understand the significance of a smear test and cervical screening										

KEY

CURRICULUM
OVERVIEW

Learning
Before:

☐

Progress
Made:

☐

End of topic Test:
My %
Average %