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During this unit students will explore the challenges young people might face as they move through adolescence and lessons will aim to promote positive mental health to help students manage these potential challenges. In addition, students learn about mental health issues that affect young people and become aware how to recognise signs that someone needs support. A significant amount of time will be dedicated to allow students to explore strategies that promote mental health and wellbeing in both themselves and those around them.

a focus on recognising and responding to pressure, coercion and exploitation, including a clear emphasis on reporting and accessing appropriate support. Lessons will also aim to teach students the opportunities and subsequent risks of forming and conducting relationships online as well as the importance of recognising and challenging victim blaming.

When studying this unit students will learn about positive and negative role models and their influence as well as considering how to become positive role models for their peers. Students will move on to explore 'gang culture' and to learn exit strategies for pressurised or potentially dangerous situations. Lessons will also have a focus on personal safety and the impact of drugs and alcohol on individuals and their families. Students will be taught strategies of how to keep self and others safe in situations that involve substance use.

