

Protected Characteristics of The Equality Act(2010)

- Age
- Disability
- Gender reassignment
- Marriage and civil partnership
- Pregnancy and maternity
- Race
- Religion or belief
- Sex
- Sexual orientation.

Year 9 Knowledge Organiser Assessment Preparation

Character Education and GM

Think of some character traits you possess. E.G. funny/ compassionate/ trustworthy.
How can mistakes help us to learn?

$E + R = O$
Event + Response = Outcome
When something happens, your response to this determines the outcome of the situation. Think of an example.

Mental Health Awareness

What are the 5 ways you wellbeing:
Get active/ connect /take notice/ keep learning/ give

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

The difference between feeling down and depression:
Sadness - a normal reaction to loss/ disappointment/ problems.
Depression - a mental condition affecting your mood lasting over a period of time.

Nutrition and Body Image

Define the following eating disorders:

Anorexia Nervosa

Bulimia

Binge Eating Disorder

Other Specified Feeding or Eating Disorder (OSFED)

Useful weblinks:

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/>

<https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/types/>

Make sure you revise from your other Knowledge Organisers too as there will be some questions on these.

STI - Sexually Transmitted Infection
Consent - to give permission.
Barrier forms of contraception to protect from STIs are condom/femidom.

Relationships and Sex Education

Think of some traits of a healthy relationship.

If a couple are struggling to have a baby there are various options available to them called fertility treatments. Alternatively they could adopt or foster.

<https://www.nhs.uk/conditions/fertility-treatments/>

STIs - research some of the symptoms.
Particularly Pubic Lice.

<https://www.shield.gov.uk/non-section/teen-advice/over/sexually-transmitted-infections-stis/>

<https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/>