

PSHE – Year 10

Our inclusive curriculum introduces our three key areas of study: Personal Wellbeing, Living in the Wider World and Relationships and Diversity. All students are introduced to Fundamental British Values, the Protected Characteristics and other key concepts to support their transition into high school.

	Half term 1 – Health and Wellbeing	Half term 2 – Health and Wellbeing	Half term 3 – Relationships	Half term 4 – Relationships	Half term 5 – Living in the wider world	Half term 6 – Living in the wider world
Knowledge & Skills	Starting Year 10 and GCSE Success; Managing Workload and Study Skills; Mental Health and Emotional Wellbeing; Stress, Anxiety and Burnout; Sleep, Lifestyle and Academic Performance. Skills: Teamwork, Discussion, Questioning, Coping Strategies.	Healthy Relationships with Social Media; Body Image and Media Influence; Addiction Awareness; Substance Misuse and Harm Reduction; Personal Safety and Risk; First Aid and Emergency Response; Autumn Assessment and Reflection. Skills: Discussion, Questioning, Decision Making, Practical Application.	Healthy Romantic Relationships; Communication and Conflict Resolution; Consent, Capacity and the Law; Contraception and Sexual Health; Sexually Transmitted Infections (STIs); Relationship Expectations and Reality; Power, Control and Coercive Behaviour. Skills: Teamwork, Discussion, Questioning, Coping Strategies.	Domestic Abuse Awareness; Sexual Harassment and Bystander Intervention; Online Relationships and Digital Safety; Sharing Images, Sexting and the Law; Pornography and Unrealistic Expectations; Accessing Sexual Health Services and Support; Spring Assessment and Reflection. Skills: Discussion, Debate, Decision Making, Reflection.	Employment Rights and Responsibilities; Understanding Payslips, Tax and National Insurance; Banking, Credit Scores and Debt; Financial Scams and Online Fraud; Citizenship, Democracy and Social Action; Careers and Aspirations; GCSE Pathways and Future Choices. Skills: Teamwork, Discussion, Debate, Questioning.	Employability Skills; Enterprise, Entrepreneurship and Innovation; Financial Education – Budgeting and Financial Planning; Saving, Credit and Debt; Consumer Awareness and Online Spending; Community Participation and Social Action; Preparing for Key Stage 4 and End of Year Reflection. Skills: Decision Making, Teamwork, Questioning.
Beyond The Curriculum	Enrichment Clubs – Join clubs to make new friends and get involved! Try card making, Lego robotics, rugby,	Enrichment Clubs – Active clubs, mindfulness, arts and drama are great ways to look after your health and wellbeing.	Enrichment Clubs – Try our friendship, kindness and anti-bullying activities. Be part of a community that celebrates everyone. Places to Visit	Enrichment Clubs – Learn about healthy relationships and respect through drama, debate and discussion groups.	Enrichment Clubs – Develop skills for the future through career workshops, enterprise projects and guest speakers. Places to Visit • Careers Fair	Enrichment Clubs – Manage money, take part in enterprise challenges and plan for your future.

	gardening and many more. Places to Visit • Local Library • Sports Centre • Youth Club Get Support • Form Tutor • School Nurse • Childline – 0800 1111 • Kooth (online support)	Places to Visit • Sports Centre • Park / Green Space • Local Library Get Support • School Counsellor • Mind (0300 123 3393) • Kooth (online support) • Young Minds – Parents Helpline (0808 802 5544)	• Library • Community Centre • Youth Club Get Support • Form Tutor • Tell Someone You Trust • Anti-Bullying Alliance (0800 121 7001) • Childline – 0800 1111	Places to Visit • Local Youth Service • Women’s Aid (website) • Brook (sexual health advice website) Get Support • School Counsellor • NSPCC – 0808 800 5000 • Childline – 0800 1111 • Kooth (online support)	• Local Business Visits • College Open Days Get Support • Careers Advisor • National Careers Service (0800 100 900) • Form Tutor	Places to Visit • Bank / Building Society • Citizens Advice (website) • Money & Pensions Service (website) Get Support • School Finance Team • MoneyHelper (0800 138 7777) • Form Tutor
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