

Year 10

**Wednesday 24th
September**

KS4 Ready

- Managing risk
- Exam booster
- Work life balance
- Looking after me

Health and wellbeing PSHE association core theme 1

Students learn . . .

H2. how self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this

H5. the characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people's mental health

H6. about change and its impact on mental health and wellbeing and to recognize the need for emotional support during life changes and/or difficult experiences

H7. a broad range of strategies — cognitive and practical — for promoting their own emotional wellbeing, for avoiding negative thinking and for ways of managing mental health concerns

H8. to recognise warning signs of common mental and emotional health concerns (including stress, anxiety and depression), what might trigger them and what help or treatment is available

H10. how to recognise when they or others need help with their mental health and wellbeing; to explore and analyse ethical issues when peers need help; strategies and skills to provide basic support and identify and access the most appropriate sources of help

H13. to identify, evaluate and independently access reliable sources of information, advice and support for all aspects of physical and mental health

H14. about the health services available to people; strategies to become a confident user of the NHS and other health services; to overcome potential concerns or barriers to seeking help

Living in the wider world PSHE association core theme 3

Students learn . . .

L2. to evaluate their own personal strengths and areas for development and use this to inform goal setting

**Tuesday 25th
November**

**Positive bystander
action**

- Sexualised language
- Racism, discrimination, isms
- Normalised behaviours
- FGM
- Gender barriers
- Hate crime

Relationships PSHE association core theme 2

Students learn . . .

R5. the legal rights, responsibilities and protections provided by the Equality Act 2010

R16. to recognise unwanted attention (such as harassment and stalking including online), ways to respond and how to seek help

R28. to recognise when others are using manipulation, persuasion or coercion and how to respond

R30. to recognise when a relationship is abusive and strategies to manage this

R31. the skills and strategies to respond to exploitation, bullying, harassment and control in relationships

R32. about the challenges associated with getting help in domestic abuse situations of all kinds; the importance of doing so; sources of appropriate advice and support, and how to access them

R34. strategies to challenge all forms of prejudice and discrimination

**Thursday 29th
January**

Relationships & Sex

Harassment

- Sex and the law
- STIs
- Revenge porn
- Consent
- Contraception
- Parenting
- Communication and readiness

Health and wellbeing PSHE association core theme 1

Students learn . . .

- H3. how different media portray idealised and artificial body shapes; how this influences body satisfaction and body image and how to critically appraise what they see and manage feelings about this
- H26. the different types of intimacy — including online — and their potential emotional and physical consequences (both positive and negative)
- H27. about specific STIs, their treatment and how to reduce the risk of transmission
- H28. how to respond if someone has, or may have, an STI (including ways to access sexual health services)
- H29. to overcome barriers, (including embarrassment, myths and misconceptions) about sexual health and the use of sexual health services
- H30. about healthy pregnancy and how lifestyle choices affect a developing foetus

Relationships PSHE association core theme 2

Students learn . . .

- R2. the role of pleasure in intimate relationships, including orgasms
- R3. to respond appropriately to indicators of unhealthy relationships, including seeking help where necessary
- R6. about diversity in romantic and sexual attraction and developing sexuality, including sources of support and reassurance and how to access them
- R7. strategies to access reliable, accurate and appropriate advice and support with relationships, and to assist others to access it when needed
- R8. to understand the potential impact of the portrayal of sex in pornography and other media, including on sexual attitudes, expectations and behaviours
- R21. the skills to assess their readiness for sex, including sexual activity online, as an individual and within a couple
- R22. to evaluate different motivations and contexts in which sexual images are shared, and possible legal, emotional and social consequences
- R23. how to choose and access appropriate contraception (including emergency contraception) and negotiate contraception use with a partner

<p>Thursday 26th February</p> <p>Careers and employability</p> <ul style="list-style-type: none"> • What type of careers is best for me? • How to apply for a part time job • Career pathways talks 	<p>Living in the wider world PSHE association core theme 3</p> <p><i>Students learn . . .</i></p> <p>L2. to evaluate their own personal strengths and areas for development and use this to inform goal setting</p> <p>L3. how their strengths, interests, skills and qualities are changing and how these relate to future career choices and employability</p> <p>L4. about the range of opportunities available to them for career progression, including in education, training and employment</p> <p>L5. about the need to challenge stereotypes about particular career pathways, maintain high aspirations for their future and embrace new opportunities</p> <p>L6. about the information, advice and guidance available to them on next steps and careers; how to access appropriate support and opportunities</p>
<p>Wednesday 15th July</p> <p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Alcohol • Drugs • Substance misuse • Local services • Self-care • Cancer awareness • Health services • Organ donation 	<p>Health and wellbeing PSHE association core theme 1</p> <p><i>Students learn . . .</i></p> <p>H16. how to take increased personal responsibility for maintaining and monitoring health including cancer prevention, screening and self-examination</p> <p>H19. the consequences of substance use and misuse for the mental and physical health and wellbeing of individuals and their families, and the wider consequences for communities</p> <p>H20. wider risks of illegal substance use for individuals, including for personal safety, career, relationships and future lifestyle</p>