

## Year 10 – PSHE

The Year 10 PSHE curriculum has been designed to be delivered in a sequence that allows for connection making and has become more complex and age-specific through the progression of units throughout the academic year. All substantive knowledge to be delivered is taken directly from the RSHE statutory guidance document. Each one of the PSHE topics becomes a thread of knowledge building throughout this entire secondary curriculum. There are clear links across topics, which are highlighted on the Learning Journey for PSHE.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Online and Media: The Dangers of Viewing Explicit Material.</b></p> <ul style="list-style-type: none"> <li>• Impact on attitudes and behaviour.</li> <li>• The damaging impact of viewing explicit materials on relationships.</li> <li>• Exploitation.</li> <li>• Pornography and the law.</li> <li>• Spiral of addiction.</li> </ul> <p><b>Being Safe: freedom and capacity to consent.</b></p> <ul style="list-style-type: none"> <li>• Sexual consent and the law.</li> <li>• Checking for consent.</li> <li>• Reporting issues of consent.</li> </ul> <p><b>Being Safe: Informed Consent.</b></p> <ul style="list-style-type: none"> <li>• Sexual coercion.</li> <li>• People in a position of trust.</li> </ul>	<p><b>Intimate Relationships: Pregnancy.</b></p> <ul style="list-style-type: none"> <li>• Fertility and infertility.</li> <li>• Pregnancy signs and testing.</li> <li>• Labour.</li> </ul> <p><b>Intimate Relationships: Abortion, Miscarriage and Stillbirth.</b></p> <ul style="list-style-type: none"> <li>• Abortion.</li> <li>• Miscarriage and Stillbirth.</li> <li>• Alternative ways of having a baby (for both opposite and same sex couples)</li> </ul> <p><b>Drugs and Alcohol: Addiction and Alcohol Dependence.</b></p> <ul style="list-style-type: none"> <li>• What is addiction?</li> <li>• How addiction affects people &amp; consequences of addiction.</li> <li>• Seeking help for addiction/dependency.</li> <li>• Alcohol and consent.</li> </ul>	<p><b>Drugs and Alcohol: Addiction and Drug Dependence.</b></p> <ul style="list-style-type: none"> <li>• What is addiction?</li> <li>• How addiction affects people &amp; consequences of addiction.</li> <li>• Seeking help for addiction/dependency.</li> </ul> <p><b>Internet Safety and Harms: Online relationships and Harmful Behaviour.</b></p> <ul style="list-style-type: none"> <li>• Problematic interactions online.</li> <li>• Obsessive online behaviours.</li> <li>• ‘Trolling’ ‘Catfishing’ ‘Breadcrumbing’ and ‘Ghosting’.</li> <li>• Curating our timeline.</li> <li>• Self-help for our online behaviours.</li> <li>• What makes a healthy online relationship?</li> </ul> <p><b>CEIAG:</b></p> <ul style="list-style-type: none"> <li>• Work experience preparation.</li> </ul>	<p><b>Mental Wellbeing: Common Factors that Affect Mental Health.</b></p> <ul style="list-style-type: none"> <li>• Everyday stress triggers.</li> <li>• Issues with schoolwork.</li> <li>• Impact of drugs and alcohol.</li> <li>• Bullying.</li> </ul> <p><b>Mental Wellbeing: Extreme Factors that Affect Mental Health.</b></p> <ul style="list-style-type: none"> <li>• Violence and aggression.</li> <li>• Anti-social behaviour.</li> <li>• Violent extremism and links to mental health.</li> </ul> <p><b>CEIAG:</b></p> <ul style="list-style-type: none"> <li>• Study skills and habits.</li> <li>• CV building.</li> <li>• Interview preparation.</li> <li>• Application preparation.</li> </ul>	<p><b>CEIAG:</b></p> <ul style="list-style-type: none"> <li>• Getting experience</li> <li>• College and university taster days</li> <li>• Post-16 options talks with LA Careers advisor. (Easter)</li> </ul> <p><b>Citizenship:</b></p> <ul style="list-style-type: none"> <li>• Parliamentary democracy</li> <li>• Different electoral roles</li> <li>• Other governments</li> <li>• Human Rights</li> <li>• International law</li> <li>• Diversity in the community</li> <li>• Volunteering</li> </ul>	<p><b>Religious and World Beliefs:</b></p> <ul style="list-style-type: none"> <li>• Core religious beliefs and practices.</li> <li>• Living religions.</li> <li>• Religions in the news.</li> </ul> <p><b>Responsive Curriculum:</b></p> <ul style="list-style-type: none"> <li>• Responses to national, local, and whole school priorities.</li> </ul> <p>As preparing students for life in modern Britain is a key part of the PSHE curriculum, these lessons may well be interspersed throughout the academic year. These lessons would address year group or school needs as they arise or have a particular national or local focus where appropriate.</p>

**Through the use of stories, examples, and scenarios, students will reflect on the characters' choices, consider decisions for them, and engage with their experiences. Other skills practised at an age-appropriate level are:**

- Empathy.
- Connection making.
- Knowledge to make their own informed lifestyle decisions (within the law).
- Debate and oracy skills.
- Equality and inclusivity.
- Treating others with care and respect.
- Reflection on the human experience.
- Deep reflection and consideration of perspective.
- Resilience.
- Maintaining their own self-care.

<p>Ongoing formative assessment through regular retrieval and checking for understanding though quizzing, questioning and mini-whiteboards.</p>	<p>Ongoing formative assessment through regular retrieval and checking for understanding though quizzing, questioning and mini-whiteboards.</p> <p>Termly quiz to consolidate content learnt.</p>	<p>Ongoing formative assessment through regular retrieval and checking for understanding though quizzing, questioning and mini-whiteboards.</p>	<p>Ongoing formative assessment through regular retrieval and checking for understanding though quizzing, questioning and mini-whiteboards.</p> <p>Termly quiz to consolidate content learnt.</p>	<p>Ongoing formative assessment through regular retrieval and checking for understanding though quizzing, questioning and mini-whiteboards.</p>	<p>Ongoing formative assessment through regular retrieval and checking for understanding though quizzing, questioning and mini-whiteboards.</p> <p>Termly quiz to consolidate content learnt.</p>
---	---	---	---	---	---