

## Year 10 **PSHE**

Year

#### SUMMER TERM - Form Time

Wider World

Options for the end of KS3, financial decisions, financial exploitation.

#### SPRING TERM - Form Time

Health and Wellbeing

First Aid, CPR, responsibility for own health, access to health services, blood and organ donation and sexual harassment.

#### **AUTUMN TERM - Form Time**

Health and Wellbeing

Risk, bullying, gambling, gangs and knife crime, Female Genital Mutilation.



Sex, Sexuality and Sexual Health

Choices around sex, sex and the law, pornography and sexting, contraception and STIs.

Health and Wellbeing

Balanced diet, exercise, how to support our health.

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#### **AUNUMN TERM - Form Time**

Health and Wellbeing

Alcohol, tobacco, drugs, vaping, drug laws and impacts of drugs.

#### **SPRING TERM - Form Time**

Health and Wellbeing

Dependence and addiction, over the counter drugs and substance misuse.

#### **SUMMER TERM - Form Time**

Wider World

Types of work, routes into work and training.



<u>Identity</u>

Personal identity, family, gender identity and stereotypes.

Emotional Wellbeing and Mental Health Understanding emotional wellbeing, resilience, managing feelings,

impacts on emotional wellbeing.

#### **SUMMER TERM - Form Time**

Wider World

Strengths, interests, targets, skills and attributes.

#### **SPRING TERM - Form Time**

Relationships

Communities, diversity, hate crime and discrimination.

#### **AUTUMN TERM - Form Time**

Health and Wellbeing

Self-concept, confidence, hygiene, balanced diet, sleep and healthy lifestyles.

#### **ROTATION - DT Lessons**

Health and Wellbeing - Growing Up

Puberty, menstrual wellbeing, personal hygiene, feelings and the importance of friends.

#### Relationships

Different types of relationships, healthy and unhealthy relationships, communication skills, commitment and abuse in relationships.

### **PSHE KS3 Learning Journey**

Further details can be found in the Curriculum Plans for each subject

