



PSHE Curriculum – Year 10

<u>PSHE Area</u>	<u>Topic</u>	<u>Weeks</u>	<u>Description</u>	<u>Accreditation</u>
Relationships, Sex and Health Education	Healthy Positive Relationships	1	How to manage conflict in a relationship and ending a relationship. Relationship support services.	
		2-3	Different types of relationship including marriage, arranged marriage, long term relationship, cohabitation and civil partnership.	
Relationships, Sex and Health Education	Boundaries and Consent	4-5	The role of religion, faith and culture in sexual activity	
		6-7		ASDAN Booklet. ASDAN Short Course Beliefs and Values. Module 5 (Beliefs and Practice) Tasks 2,3,4,6
		8	CLOSING THE GAP ACTIVITIES	
HALF TERM				
	Harmful Relationship Behaviours	9	The law relating to violent or threatening behaviour, coercive control, emotional, sexual, economic	

			or physical abuse in relationships (including domestic abuse); the importance of getting help and how to overcome challenges in doing so; how to access appropriate sources of advice and support.	
	Reproductive Health and Fertility	10-11	Male and female fertility, how it changes over the life course, and can be affected by STIs and other lifestyle factors, and the options available to people who can't conceive, the options available in the event of an unintended pregnancy (abortion, adoption, raising the baby); how to access impartial, medically and legally accurate information and support, and sources of emotional support	
Relationships, Sex and Health Education	Sex Education	12	The effects of alcohol and drug use on someone's capacity to consent. The potential social, emotional and physical consequences (including on sexual and	

			reproductive health) of choices people make about sex; that some sexual behaviours can be harmful; how to seek support if concerned about a sexual relationship.	
		13		ASDAN Booklet. ASDAN Short Course PSHE. Module 4 (Alcohol) Tasks 1,2,4,5
		14	STIs and their prevalence; the symptoms, long- and short-term impacts, transmission, and treatment of STIs; the importance of regular testing. how the risk of STI transmission can be reduced.	
		15	CLOSING THE GAP ACTIVITIES	
HALF TERM				
	Inclusion, Bullying and Discrimination	16-17	How people can be drawn into extremist narratives or communities offline or online; the personal consequences of extremism and intolerance in all their forms, and ways to get help for themselves or others.	
		18		AQA Credit 126330 Relationships:

				Addressing Extremism and Radicalisation (Summary Sheet. Tick when content covered and understood. Students don't need completed work).
		19-20	How false or harmful narratives promoted by some online communities or influencers can distort understanding and cause harm. To recognise misogynistic attitudes and behaviours and how they have a detrimental effect on everyone (female and male)'s wellbeing, relationships and sexual ethics.	
		21	CLOSING THE GAP ACTIVITIES	
HALF TERM				
Relationships, Sex and Health Education	Online Life	22	How pornography can normalise harmful sexual behaviours (that many people do not and will never engage in), including the representation of strangulation; the legal, physical and emotional consequences associated with strangulation and suffocation; that	

			applying force or pressure to someone's neck or covering the mouth and nose is dangerous and can lead to serious injury or death.	
		23	Gambling, including in online games; the risks and harms of gambling-related behaviours, including the accumulation of debt; how to access appropriate sources of help.	
		24		AQA Credit 117090 Gambling Awareness (Summary Sheet and/or student completed work)
Relationships, Sex and Health Education	Mental Health and Wellbeing	25	How mental health and wellbeing can be affected positively and negatively by relationships; skills to discuss feelings with others; ways to safely manage feelings of loneliness. How wellbeing can be affected by negative thinking patterns; how to reframe negative thinking and learn from disappointments and setbacks. To	

			evaluate a range of cognitive and practical strategies to promote wellbeing and overcome barriers to living a fulfilling life, including strategies for managing worry, rumination, stress or tension. the nature and prevalence of mental health difficulties that commonly affect young people; facts about, and signs of, more serious mental health conditions; what someone could do if concerned about their own or others' mental health or wellbeing.	
		26	CLOSING THE GAP ACTIVITIES	
HALF TERM				
		27	Potential long-term mental health harms from addictive behaviours such as gambling, alcohol or other substance misuse; how to recognise when they or someone else may need help with addictive behaviours.	

	Healthy Lifestyles	28	How to manage influences and maintain a balanced perspective on health and weight, body shape and size. The impact of diet on health, and how to make confident, informed and independent decisions about diet and nutrition, including with the support of a medical professional when required.	
		29-30		ASDAN Booklet. ASDAN Short Course Living Independently Module 5 (Health and Wellbeing) Section B Tasks 2 and 3
Relationships, Sex and Health Education	Keeping Well, Health Services and First Aid	31	How to help prevent and reduce the spread of bacteria and viruses; how to treat infection including responsible use of antibiotics and the risks presented by antimicrobial resistance. Vaccinations available to adults, including the flu vaccine and travel vaccinations.	
		32	CLOSING THE GAP ACTIVITIES	

HALF TERM

		33	Gillick competence and medical consent; strategies to become a confident user of the healthcare system (NHS, dentists, pharmacist, sexual health clinics, specialist services); to overcome potential concerns or barriers to seeking help.	
	Drug Education	34	Wider and long-term implications of criminal drug convictions, e.g. for career, travel and future opportunities. The law and risks related to buying or selling substances online.	
		35	To recognise situations involving adverse influence, grooming or exploitation (e.g. gang culture) and how to safely access appropriate help if involved in criminal behaviour.	
Economic Wellbeing		36	How to budget effectively for different circumstances;	

			the benefits of saving.	
Careers Education: Aspirations, Learning and Work		37	How a range of factors might influence career decisions (e.g. contract types, salary, risks and rewards, working patterns, the labour market, personal circumstances, qualifications, values, interests and strengths).	
		38	How to research the labour market, job opportunities, workplaces, role requirements and recruitment processes; how to align their values with possible career choices.	
		39	How to communicate their personal strengths and maximise their chances when applying for education or employment opportunities; the importance of recording achievements and experiences; how to write a CV and develop interview skills.	