

Year 10 – PSHE Programme of Study

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Unit 1: Health and Wellbeing Enquiry question: A) What strategies can be used to support my own and others' wellbeing?</p> <p>Key content covered:</p> <ul style="list-style-type: none"> • Mental health – what is it, how can we talk about it, what are some common issues? Tackling the stigma. • How can body image and self-esteem affect mental health and wellbeing? • What is stress, and what are some strategies for dealing with stress e.g. mindfulness, exercise. • How can I prepare effectively for exams? <p>Enquiry: B) Drugs Education</p> <ul style="list-style-type: none"> • What are the laws, risks, and impacts of drugs? 		<p>Unit 2: Relationships and Sex Education. Enquiry question: How can I keep myself and others safe and respected?</p> <p>Key content covered:</p> <ul style="list-style-type: none"> • What do healthy and unhealthy sexual relationships look like? Why are certain behaviours unacceptable in relationships? • What is the impact of the pornography industry, on society and on expectations around relationships and sex? • Why is it important to treat others with respect, regardless of sexuality, gender, sex, belief, and status in society? • Why is it important to be aware of sexual health issues? The facts about STIs and importance of testing. 		<p>Unit 3: Living in the Wider World. Enquiry question: How do I play a role in the wider world?</p> <p>Key content covered:</p> <ul style="list-style-type: none"> • How can citizens contribute positively to their community? • What happens when someone breaks the law? • How is the country governed and run? • Freedom of speech; social media and politics: How can we assess which sources of information can be trusted? 	