

**Year 10 PSHE Curriculum 2019/20**

Autumn – Looking after me and making plans	Spring - Healthy Relationships	Summer -
Character attributes- Ambition/Helping others/Determination	Character attributes – Working with others/Courage/Patience	Character attributes – Creative Thinking/ saving for the future
<p><b>Students will</b></p> <ul style="list-style-type: none"> <li>- Consider the opportunities and challenges of starting Key Stage 4</li> <li>- Reflect on how to reframe negative thinking</li> <li>- Be able to recognise symptoms of mental ill health and when to get help</li> <li>- Understand strategies to promote emotional well-being</li> <li>- Consider the range of post 16 options available to them</li> <li>- Explore the similarities and differences between apprenticeships and university</li> </ul>	<p><b>Students will</b></p> <ul style="list-style-type: none"> <li>- Explore the similarities and differences between the media and online world to real life</li> <li>- Consider the importance of self esteem in relationships</li> <li>- Consider how people communicate in relationships and how to recognise consent.</li> <li>- Understand the impact sexually transmitted infections can have on those who contract them and their relationships</li> <li>- Know about different contraceptive methods</li> <li>- Understand what constitutes sexual harassment and sexual violence and why they are unacceptable</li> </ul>	<p><b>Students will</b></p> <ul style="list-style-type: none"> <li>- Explore their rights</li> <li>- Consider the impact of gang related behaviour</li> <li>- Know how the law can affect young people</li> <li>- Understand the youth justice system</li> <li>- Know what financial services are available for young people</li> <li>- Understand what tax is</li> <li>- Know what gambling is and the impact it can have on young people and their families.</li> </ul>