


Curriculum overview 2023/2024 - Year 10 PSHE.

Week number:	Session title/topic outline:
Half term 1:	
1	Introduction to the subject - Introduction to self-awareness, planning forward and positive mental health
2	The benefits of physical activity, sleep and informed lifestyle choices
3	A balanced diet and influences on diet choice
4	Taking responsibility and accessing health services
5	Cosmetic procedures and personal hygiene
6	Substance use and mis-use (drugs and alcohol)
7	World religion 
Half term 2:	
8	World religion 
9	Self-esteem and social media
10	Mental health – articulating emotions and positive coping strategies
11	Unhealthy coping strategies, triggers and asking for help
12	World religion 
13	Keeping safe online and in risky/emergency situations
Half term 3:	
14	Gambling responsibly
15	Basic first aid, CPR and using defibrillators
16	Puberty, introduction to contraception and sexually transmitted infections
17	World religion 
18	Healthy pregnancy, infertility and miscarriage
19	Different types of relationships
Half term 4:	
20	Sex and the media, sexual orientation and gender identity
21	Marriage and forced marriage
22	Work experience week
23	Abusive behaviour and exploitation
24	Loss, separation and bereavement
25	Online relationships and harassment
Half term 5:	
26	Consent and sharing sexual images, sextortion
27	Contraception and parenthood
28	Abortion, adoption and fostering
29	Stereotyping and prejudice
30	World religion 
31	Harassment, coercion and domestic abuse
Half term 6:	
32	Peer pressure and gangs
33	Weapons, organized crime and cybercrime
34	Digital presence, social media and data use
35	Personal attributes, skills, goals and career planning
36	Progression, training and employment
37-39	Literacy Trust – Words that Count

Topics covered: Physical health, mental health, personal safety, RSE (including growing and changing), bullying and discrimination, media and digital literacy, money and careers, community and responsibility (in line with the PSHE Association recommendations for KS4 study as the only national programme of study for PSHE signposted to by the Department for Education.)

*Linked to the 8 Gatsby benchmarks

 World religion: topical religious education sessions