

PSHE – Year 10

- Autumn Term -

Relationships

In the first term of Year 10, we will look into the role that peers play in our lives, including the dangers of peer pressure. We will also look at how we can improve our relationships and manage any changes that may occur whilst we are in a relationship, especially break ups. We will then investigate what victim blaming is, what it can look like, and what it means to have double standards. Finally, we will recap in more detail what an abusive relationship could look like.



- Spring Term -

Personal Safety

This term, we will be focussing on the ways that you can keep yourself and those around you safe. We will start by looking at the issues associated with sexting, including both the practical and legal implications of sharing explicit images. We will then look at the issues of the risks and benefits of cosmetic procedure and how they can affect our safety. This will lead on to looking at the issues of drugs and the law. We will then progress to looking at the ways that drugs and alcohol can influence sexual choices and the issues of HIV and AIDs. We will then look at the issues and risks of prescribed drugs and finally the role of immunisation in health.



- Summer Term -

Wider World

To end the year, we will start by looking at how we can keep ourselves safe online, including identifying fake news and knowing the laws about online use. We will also learn about the 'filter bubble' and how it can impact our online experience. We will then move on to look at the future and where we hope to be, as well as what can shape it and reduce our opportunities. We will then have a chance to reflect on ourselves, including the role our strengths and weakness could play in future employment. Finally, we will explore the different types of interviews you may encounter, the reasons behind them, and how we can prepare for them.

