

PSHE YEAR 10 SCHEME OF WORK: 2021/2022

	Topic and Learning Aims	Lessons
Autumn 1/2 Spring 1/2 Summer 1: Health and Wellbeing	Mental Health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change <ul style="list-style-type: none"> ● How to manage challenges during adolescence ● How to reframe negative thinking ● Strategies to promote mental health and emotional wellbeing ● About the signs of emotional or mental ill-health ● How to access support and treatment ● About the portrayal of mental health in the media ● How to challenge stigma, stereotypes and misinformation 	Emotional Wellbeing
		Pressures and Influences
		Facing Challenges
		Work-life balance
		Overview and Extra Activities on Emotional Wellbeing and Mental Health
		Dealing with Stress
		Assessment and Reflection
Autumn 1/2 Spring 1/2 Summer 1: Living in the Wider World	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices <ul style="list-style-type: none"> ● How to effectively budget and evaluate savings options ● How to prevent and manage debt, including understanding credit rating and payday lending ● How data is generated, collected and shared, 	Budgeting
		Credit and Debt
		Money Stresses and Pressures
		The Teenage Brain and Gambling

	<ul style="list-style-type: none"> and the influence of targeted advertising • How thinking errors, eg. gambler's fallacy, can increase susceptibility to gambling • Strategies for managing influences related to gambling, including online • About the relationships between gambling and debt • About the law and illegal financial activities, including fraud and cybercrime • How to manage risk in relation to financial activities 	Promoting Resilience to Gambling
		Promoting Resilience to Gambling
		Assessment and Reflection
Autumn 1/2 Spring 1/2 Summer 1: Relationships	Addressing extremism and radicalisation Community cohesion and challenging extremism <ul style="list-style-type: none"> • About communities, inclusion, respect and belonging • About the Equality Act, diversity and values • About how social media may distort, mis-represent or target information in order to influence beliefs and opinions • How to manage conflicting views and misleading information • How to safely challenge discrimination, including online • How to recognise and respond to extremism and radicalisation 	Living in Britain
		The Equality Act and hate crimes
		Discrimination through invisibility
		Challenging discrimination
		Democracy and Voting
		Assessment and Reflection
Autumn 1/2 Spring 1/2	Exploring Influence The influence and impact of drugs, gangs, role models	Drugs

Summer 1: Health and Wellbeing	and the media	Alcohol
	<ul style="list-style-type: none"> • About positive and negative role models • How to evaluate the influence of role models and become a positive role model for peers • About the media's impact on perceptions of gang culture • About the impact of drugs and alcohol on individuals, personal safety, families and wider communities • How drugs and alcohol affect decision making • How to keep self and others safe in situations that involve substance use • How to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime • Exit strategies for pressurised or dangerous situations • How to seek help for substance use and addiction 	Addiction and Dependency
		Role Models
		Gangs and Knife Crime
		Assessment and Reflection
Autumn 1/2 Spring 1/2 Summer 1: Relationships	Healthy Relationships Relationships and sex expectations, including myths, pleasure and challenges, including the impact of pornography	Consent
	<ul style="list-style-type: none"> • About relationship values and the role of pleasure in relationships • About myths, assumptions, misconceptions and social norms about sex, gender and relationships • About the opportunities and risks of forming and 	Sexual Relationships
		Sexual Health
		Pregnancy Choices
		Pornography

	<p>conducting relationships online</p> <ul style="list-style-type: none"> • How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours • About the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent • How to recognise and respond to pressure, coercion and exploitation, including and accessing appropriate support • How to recognise and challenge victim blaming • About asexuality, abstinence and celibacy 	<p>Pornography</p> <hr/> <p>Assessment and Reflection</p>
<p>Summer 2: Living in the Wider World</p>	<p>Work Experience Preparation for and evaluation of work experience and readiness for work</p> <ul style="list-style-type: none"> • How to evaluate strengths and interests in relation to career development • About opportunities in learning and work • Strategies for overcoming challenges or adversity • About responsibilities in the workplace • How to manage practical problems and health and safety • How to maintain a positive personal presence online • How to evaluate and build on the learning from work experience 	<p>What do I want to do?</p> <hr/> <p>Types of employment and employment trends</p> <hr/> <p>Marketing yourself and personal branding</p> <hr/> <p>Rights and Responsibilities at Work</p> <hr/> <p>Employment opportunities</p> <hr/> <p>Assessment and Reflection</p>

PSHE YEAR 11 SCHEME OF WORK: 2021/2022

	Topic and Learning Aims	Lessons
Autumn 1, 2 or Spring 1: Health and Wellbeing	Building for the future Self-efficacy, stress management, and future opportunities <ul style="list-style-type: none"> ● How to manage the judgement of others and challenge stereotyping ● How to balance ambition and unrealistic expectations ● How to develop self-efficacy, including motivation, perseverance and resilience ● How to maintain a healthy self-concept ● About the nature, causes and effects of stress ● Stress management strategies, including maintaining healthy sleep habits ● About positive and safe ways to create content online and the opportunities this offers ● How to balance time online 	Influences on health
		Planning healthy meals and being active
		Being health aware
		Rights and responsibilities online
		When things go wrong online
		Dealing with change - resilience and stress management (exam stress)
		Assessment and Reflection
Autumn 1, 2 or Spring 1: Living in the Wider World	Next Steps Skills for further education, employment and career progression <ul style="list-style-type: none"> ● How to use feedback constructively when planning for the future ● How to set and achieve SMART targets 	Showcasing personal strengths
		Making a difference
		Talking Jobs

	<ul style="list-style-type: none"> • How to set and achieve SMART targets • Effective revision techniques and strategies • About post-16 options and career pathways • About application processes, including CV writing, personal statements and interview technique • How to maximise employability, including managing online presence and taking opportunities to broaden experience • About rights, responsibilities and challenges in relation to working part time whilst studying • How to manage work/life balance 	Practical Steps to Employment Practical Steps to Employment Skills for the future workplace Assessment and Reflection
Autumn 1 or 2 or Spring 1: Relationships	Communication in Relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse <ul style="list-style-type: none"> • About core values and emotions • About gender identity, gender expression and sexual orientation • How to communicate assertively • How to communicate wants and needs • How to handle unwanted attention, including online • How to challenge harassment and stalking, including online 	Relating to others Skills for successful relationships Diverse and conflicting values Gender identity and transgender Exploitation and abuse in relationships Help and support for relationships

	<p>stalking, including online</p> <ul style="list-style-type: none"> • About various forms of relationships abuse • About unhealthy, exploitative and abusive relationships • How to access support in abusive relationships and how to overcome challenges in seeking support 	Assessment and Reflection
Spring 2 or Summer 1 or 2: Health and Wellbeing	<p>Independence Responsible health choices, and safety in independent contexts</p> <ul style="list-style-type: none"> • How to assess and manage risk and safety in new independent situations (eg. personal safety and on the roads) • Emergency first aid skills • How to assess emergency and non-emergency situations and contact appropriate services 	First Aid
		First Aid and Call, Push, Rescue
		First Aid, and Call, Push, Rescue
		Research how to take responsibility for your own health and information on cancer
		Bereavement

	<ul style="list-style-type: none"> • About the link between lifestyle and some cancers • About the importance of screening and how to perform self examination (this was taught in first part of the year) • Vaccinations and immunisations • Registering with and accessing doctors, sexual health clinics, opticians and other health services • How to manage influences and risks relating to cosmetic and aesthetic body alterations • About blood, organ and stem cell donation 	Assessment and Reflection
Spring 2 or Summer 1 or 2 Relationships	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships <ul style="list-style-type: none"> • Different types of families and changing family structures • How to evaluate readiness for parenthood and positive parenting qualities • About fertility, including how it varies and changes • About pregnancy, birth and miscarriage 	Parenting Skills and family life and pregnancy options Long term Commitments Legal Status of Marriage Parenting Forced Marriage and FGM

	<ul style="list-style-type: none">• About pregnancy, birth and miscarriage• About unplanned pregnancy options, including abortion• About adoption and fostering• How to manage change, loss, grief and bereavement• About 'honour based' violence and forced marriage and how to safely access support	Assessment and Reflection
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