

YEAR 10 PSHE

What will my child be learning this year?

A year of learning for life

Year 10 PSHE supports students as they prepare for work experience and adulthood, develop resilience and healthy relationships, make informed choices, and build practical money and workplace skills.

AUTUMN 1

Resilience, work & mental health

- Moving from KS3: resilience, positive thinking and changing negative thought patterns
- Introduction to work experience and how it can benefit students
- Personal strengths and the transferable skills needed in the workplace
- Mental health and stress in the workplace
- Understanding SEMH and recognising signs of emotional or mental health struggles
- Challenging stigma around mental health
- Equality and equity and why both matter for fairness

AUTUMN 2

Online behaviour, relationships & reproductive health

- Extremism, intolerance and how social media can exaggerate or distort information
- Honour-based violence, honour killing and links to hate crime
- Social media, conflict, mob mentality and misinformation
- Sexting and image sharing: safety and legal consequences
- Extreme online views, including incel-related content, and how to respond to concerns
- Fertility, menopause and looking after reproductive health

SPRING 1

Sexual health, illness & addiction

- HIV: myths, stigma, prevention and treatment
- Taking responsibility for health, including cancer prevention, screening and self-examination
- Contraception and sexually transmitted infections (STIs)
- Drugs and alcohol: psychological effects, dependency and addiction
- Class A drugs and the harms they can cause
- Gaslighting and emotional abuse: recognising it and finding support

SPRING 2

Social media, harmful content & relationships

- Positive social media use, fake news and the importance of critical thinking
- Recognising harmful or illegal online content and knowing where to get help
- Families, stable relationships and changing family structures
- Inequalities of power and fixated behaviours
- Sexual harassment, its impact and links to fixated behaviour

SUMMER 1

Money, work & adult life

- Labour Market Information and the skills employers value
- Being a lifelong learner in a changing labour market
- Household budgeting and managing different income levels
- Mortgages, repayments and how interest rates affect the economy
- Payslips, wages and understanding tax
- Consumerism: needs versus wants and ethical, sustainable choices

SUMMER 2

Work experience & responsible choices

- Misinformation and disinformation: understanding the difference and spotting signs
- Rights and responsibilities of employers and employees
- Preparing for work experience and understanding why it matters
- Tattoos and piercings: short- and long-term consequences
- Reflecting on work experience and evaluating yourself as an employee

How can parents help?

Talk with your child about their learning and work experience, encourage questions, and remind them that they can speak to a trusted adult if they are worried or unsure about anything.