
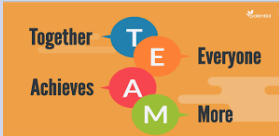





Year 10 – PSHE Overview

| Half Term | Topic | In this unit of work, you will learn... | Skills |
|--|---|---|--|
| <u>Autumn 1</u> (September-October) <u>Unit: Health & Wellbeing</u> | <u>Mental Health</u>  | <ul style="list-style-type: none"> - how to identify, express and manage your emotions in a constructive way - what is good mental health & how can you take action to promote this - zones of regulation; how do you feel and why? - how to reframe negative thinking - to understand strategies used to promote emotional wellbeing, positive mental health and where to access support - signs of emotional or mental ill-health - the portrayal of mental health in the media - how to challenge stigma, stereotypes and misinformation | <ul style="list-style-type: none"> - Communication - Discussion - Groupwork - Critical thinking - Collaboration |
| <u>Autumn 2</u> (October-December) <u>Unit: Living in the Wider World</u> | <u>Working as part of a team</u>  | <ul style="list-style-type: none"> - what are your responsibilities within a group - what do you expect of others within a group - recognising when problems in a group occur and finding practical solutions to work towards them - how can you maintain a positive personal presence in a group - how can you be successful as an individual within a group - how can you develop opportunities in learning and in work as a result of working in a group | <ul style="list-style-type: none"> - Self-awareness - Self- belief - Reflection - Team work - Collaboration - Assertive communication |
| <u>Spring 1</u> (January-February) <u>Unit: Relationships</u> | <u>Healthy Relationships</u>  | <ul style="list-style-type: none"> - how to manage the impact of the media on expectations of your relationships with your peers - how to develop friendships that allow you to be yourself and not a person you create to fit in with others - how to accept that within a friendship, people may have different opinions - how to assess the opportunities and risks of forming and conducting relationships online | <ul style="list-style-type: none"> - Critical thinking - Reflection - Empathy - Compassion - Self-confidence - Self-worth |
| <u>Spring 2</u> (February-April) <u>Unit: Health & Wellbeing</u> | <u>Exploring Influence</u>  | <ul style="list-style-type: none"> - positive and negative role models - how to evaluate the influence of role models and become a positive role model for others - how drugs and alcohol affect decision making - how to keep yourself and others safe in situations that involve substance use - exit strategies for pressurized or dangerous situations - the impact of drug and substance use on personal safety, the safety of families and the safety of the wider community | <ul style="list-style-type: none"> - Evaluation - Self-awareness - Self-regulation - Personal safety - Assertive action |
| <u>Summer 1</u> (April-May) <u>Unit: Living in the Wider World</u> | <u>Gambling</u>  | <ul style="list-style-type: none"> - about different types of families and changing family structures - evaluating readiness for parenthood and positive parenting qualities - about fertility, pregnancy, birth and miscarriage - adoption and fostering - how to manage change, loss, grief and bereavement - about honor based violence and forced marriage and how to safely access support | <ul style="list-style-type: none"> - Computer safety/literacy - Problem solving - Empathy - Budgeting - Evaluation - Critical thinking |