

Year 10 Lesson content

Health and Wellbeing	Living in the Wider World	Relationships (RSE)
How can we manage our time effectively to help us succeed?	What is Fake News and why do we need critical thinking skills? (2 hours)	Same sex relationships (LGBT+)
Can tattoos and piercings be dangerous?	What is anti-social behaviour and how does this affect communities?	What are forced and arranged marriages and what do we need to know?
Why do some people commit suicide?	How can we successfully prepare for work experience?	Gender and Trans Identity LGBT+
How can we manage grief and bereavement?	What rights and responsibilities do we have in the workplace?	How can we manage conflict successfully?
How can we manage social anxiety?	What is money laundering and why are some students taken in by this crime?	Why do sexism, gender prejudice and stereotypes still exist?
Why do some people become homeless and why is homelessness on the increase?	What are employers looking for in CVs?	What is community cohesion and why is this important? (British Values)
What are hate crimes and why do these still happen?	British Values – how does the criminal justice system work?	Revenge Porn – what is this and how can we prevent ourselves from being victims?
What is binge drinking, what are the risks and why do people still do it?	What is overt and covert racism and why are people still prejudiced?	Do we have healthy or unhealthy relationships with our role models?
Study Skills – the power of mind and memory.	Why do some religious people become terrorists?	Harassment and stalking – what are these things and what does the law say about it?
Social Media and Self-Esteem	Why pursue a careers in the STEM industries?	Parenting, the different types and styles and looking after a child.
Internet Safety – the dangers of excessive screen time	How do we choose a career that suits our personality, ambition and qualifications?	
How can we take steps to live more sustainably? (carbon footprint)	Crime, gangs and County Lines (2 hours)	
	Why do we still need an International Women’s Day?	

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Why is PSHE so important?	GCSE Revision and Study Skills	Bullying – Body Shaming
Risk Taking	Applying to College and University	Relationship Break Ups
Gambling and Online Gaming	Independent Living	What is ‘Good Sex’?
Perseverance and Procrastination	Internet Safety – the Dark Web	Why is it essential we know about consent, rape and sexual abuse?
Privilege – How does this affect us all?	How is plastic pollution destroying our environment?	How can we make ourselves and other people feel more positive and why is happiness important?
Why do we need sleep and how does sleep deprivation affect us?	How can we protect animal rights and aid sustainability?	Relationship types and sexuality
Why is our digital footprint important?	How can trade unions protect our rights at work?	What is Chem Sex and what do we mean when we talk about safe sex?
How can we celebrate diversity and our identities?	What is cyber crime?	
What is body positivity and is why is this controversial? (obesity issues)	How can we successfully prepare for a job interview?	
Personal Safety in the Wider World	Globalisation – how does this affect us?	
Fertility and reproductive health issues (2 hours)	What is multiculturalism?	
NEW – First Aid - CPR	What is right-wing extremism?	
	Why is Health and Safety at work so important?	