

| Year 10 PSHE Curriculum Map | Autumn | Spring | Summer |
|-----------------------------|--|--|--|
| 1st Half Term | <ul style="list-style-type: none"> • Self-concept and self esteem • Body image • Mental health • Understanding emotions • Not pathologising normal feelings • Mental Health strategies (to include overcoming anxiety) • Supporting mental health including signposting | <ul style="list-style-type: none"> • Grooming and manipulation- recap from RSE • Gangs- organised crime • Drug and knife crime- intro- to be explored further in Y11 • County lines • Drugs/alcohol/smoking- how this can link to crime and decision making • Alcohol dependency • Spiking • Peer pressure | <ul style="list-style-type: none"> • Different types of employment • Employability skills and personal strengths • Career pathways- challenge stereotypes • Online presence • Discrimination and workplace harassment • Workplace employment laws • Summer 1 assessment |
| 2 nd Half Term | <ul style="list-style-type: none"> • Lifestyle choices- healthy and unhealthy (inc, eating, sleep, oral hygiene, medication, vaccinations) • Balancing life- online/offline (to touch on harmful online material- explore further y11) • Health related decisions- tattoos, sunbeds, piercing etc • Gambling- linking to depression and covering online gambling • Support and consequences • Gaming and obsessive behaviours. | <ul style="list-style-type: none"> • Self-care for health/ minor ailments • Role of pharmacists • First Aid • CPR/ Recovery position • First aid for different injuries • Health services • Healthy related decisions- screening, blood donation etc • Road safety | <ul style="list-style-type: none"> • Budgeting- wants/needs • Financial decision making • Tax codes and gross/net incomes • Access support for financial issues • Financial exploitation • Summer 2 assessment |