

# Curriculum Summary Documents

## Year 10 PSHE

Module/Unit of Learning	Taught During	What will students learn?	How does this deepen understanding and enrich experience?	Links to other Subjects
Health and wellbeing	Autumn Half Term 1	Happiness and positivity Managing challenge Reframe negative thinking	Students learn about the science of happiness, positive psychology, and strategies to cultivate a positive mindset. By applying these strategies, students can improve their mental well-being and resilience, leading to a more fulfilling life.  Students learn about coping mechanisms, problem-solving skills, and resilience-building techniques. Students become better equipped to handle life's difficulties, reducing stress and increasing confidence in facing challenges.  Students explore cognitive-behavioural techniques to identify and reframe negative thoughts. This leads to improved mental health and a more optimistic outlook on life, enhancing overall well-being.	Character Curriculum
Living in the wider world	Autumn Half Term 2	Recognising mental health Social media and Self esteem CRT Acid Attacks	Students gain awareness of mental health issues, symptoms, and the importance of seeking help. This fosters a supportive environment and reduces the stigma around mental health, encouraging students to seek help when needed.  Students analyse the impact of social media on self-esteem and body image. By understanding these impacts, students can develop healthier online habits and improve their self-esteem.  Students analyse the impact of social media on self-esteem and body image. By understanding these impacts, students can develop healthier online habits and improve their self-esteem.  Students explore the principles of CRT, understanding systemic racism and social justice. This promotes a more inclusive and empathetic perspective, preparing students to contribute to a more equitable society.  Students learn about the causes, consequences, and prevention of acid attacks. This knowledge fosters empathy and advocacy for victims, encouraging a stand against violence.	
Relationships	Spring Half Term 1	The role of intimacy  Managing conflict  Pressure, persuasion and coercion	Discussions on emotional and physical intimacy, healthy relationships, and consent. Students learn to build and maintain healthy, respectful relationships.  Students learn conflict resolution strategies and communication skills. Students become adept at resolving disputes peacefully, improving relationships and creating a harmonious environment.  Recognizing and resisting undue influence and peer pressure. Students develop critical thinking and assertiveness, empowering them to make independent decisions.	Character Curriculum
Health and wellbeing  Relationships	Spring Half Term 2	Binge drinking  Influence Role models	The risks and consequences of binge drinking and strategies for responsible behaviour. Students are better informed to make healthier choices regarding alcohol consumption.  The psychology of influence and persuasion in various contexts. Students learn to recognize and ethically use influence, enhancing their leadership and interpersonal skills.  The importance of role models and their impact on behaviour and aspirations. Identifying positive role models can inspire students and guide their personal and professional development.	Character Curriculum
Relationships  Living in the wider world	Summer Term	Community cohesion  Adoption LGBTQ Rights Pronouns Gender and Equality	The value of unity, diversity, and active participation in the community. Students contribute to a more inclusive and supportive community, fostering social harmony.  The processes, challenges, and benefits of adoption.  This promotes empathy and understanding towards adoptive families and individuals.  The history, struggles, and achievements of the LGBTQ community. Promotes acceptance, reduces discrimination, and supports equality for all students.  The significance of pronouns and gender identity.	Character Curriculum

			<p>Encourages respect and inclusivity, making all students feel seen and valued.</p> <p>The principles of gender equality and the fight against gender discrimination. Fosters a culture of respect and equal opportunities, empowering all genders to thrive.</p>	
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