

Subject: PSHE  
Year 10

<b><u>Autumn HT 1</u></b> Mental Health	<b><u>Autumn HT 2</u></b> (RS Curriculum)	<b><u>Spring HT 1</u></b> Exploring influence	<b><u>Spring HT 2</u></b> (RS Curriculum)	<b><u>Summer HT 1</u></b> Work experience	<b><u>Summer HT 2</u></b> (RS Curriculum)
<ul style="list-style-type: none"> <li>• Know how to manage challenges during adolescence</li> <li>• Know how to reframe negative thinking</li> <li>• Know about strategies to promote mental health and emotional wellbeing</li> <li>• Know about the signs of emotional or mental ill-health and how to access support</li> <li>• Know about the portrayal of mental health in the media</li> <li>• Know how to challenge stigma, stereotypes and misinformation</li> </ul>		<ul style="list-style-type: none"> <li>• How to evaluate the influence of role models and become a positive role model for peers</li> <li>• Know about the impact of drugs and alcohol on individuals, personal safety, families and wider communities</li> <li>• Know about the media's impact on perceptions of gang culture</li> <li>• Evaluating the impact of gangs and knife crime</li> <li>• Financial decision Making</li> <li>• How to effectively budget and evaluate savings options</li> <li>• How thinking errors, e.g. gambler's fallacy, can increase susceptibility to gambling and helping find strategies for managing finance</li> <li>• Know about the law and illegal financial activities, including fraud and cybercrime</li> </ul>		<ul style="list-style-type: none"> <li>• How to evaluate strengths and interests in relation to career development</li> <li>• Know about opportunities in learning and work</li> <li>• Know about responsibilities in the workplace</li> <li>• How to maintain a positive personal presence online</li> <li>• How to maintain a positive personal presence online</li> </ul>	

*Ludus Admirandus*