

PSHE Year 10 Curriculum Map

Term	I am learning	By the end of this topic I will be able to
<b>Autumn</b>	<p><b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p> <p><b>Financial decision making</b> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p>	<p>Know how to manage challenges during adolescence</p> <p>Know how to reframe negative thinking</p> <p>Understand the signs of emotional or mental ill-health</p> <p>Know how to access support and treatment</p> <p>Effectively budget and evaluate savings options</p> <p>Know how to prevent and manage debt, including understanding credit rating and pay day lending</p> <p>Understand how data is generated, collected and shared, and the influence of targeted advertising</p> <p>Consider how thinking errors, e.g. gambler's fallacy, can increase susceptibility to gambling</p>
	<p><b>Healthy relationships</b> Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography</p> <p><b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p>	<p>Know about relationship values and the role of pleasure in relationships</p> <p>Understand assumptions, misconceptions and social norms about sex, gender and relationships</p> <p>Identify the opportunities and risks of forming and conducting relationships online</p> <p>Know how to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours</p> <p>Use strategies to promote mental health and emotional wellbeing</p> <p>Understand about the portrayal of mental health in the media</p> <p>Maintain a positive personal presence online</p> <p>Challenge stigma, stereotypes and misinformation</p> <p>Know how to access support and treatment</p>

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<p><b>Spring</b></p>	<p><b>Addressing extremism and radicalisation</b> Communities, belonging and challenging extremism</p> <p><b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media</p>	<p>Understand about communities, inclusion, respect and belonging</p> <p>Know about the Equality Act, diversity and values</p> <p>Understand how social media may distort, mis-represent or target information in order to influence beliefs and opinions</p> <p>Identify positive and negative role models</p> <p>Evaluate the influence of role models and become a positive role model for peers</p> <p>Maintain a positive personal presence online</p> <p>Know how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime</p> <p>Understand the media's impact on perceptions of gang culture</p>
	<p><b>Financial decision making</b> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p> <p><b>Healthy relationships</b> Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography</p>	<p>Suggest strategies for managing influences related to gambling, including online</p> <p>Understand the relationship between gambling and debt</p> <p>Know about the law and illegal financial activities, including fraud and cybercrime</p> <p>Manage risk in relation to financial activities</p> <p>Know about the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent</p> <p>Recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support</p> <p>Understand how to recognise and challenge victim blaming</p> <p>Know the difference between asexuality, abstinence and celibacy</p>

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<p><b>Summer</b></p>	<p><b>Addressing extremism and radicalisation</b> Communities, belonging and challenging extremism</p> <p><b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media</p>	<p>Know how to manage conflicting views and misleading information</p> <p>Know how to safely challenge discrimination, including online</p> <p>Maintain a positive personal presence online</p> <p>Know how to recognise and respond to extremism and radicalisation</p> <p>Know about the impact of drugs and alcohol on individuals, personal safety, families and wider communities</p> <p>Understand how drugs and alcohol affect decision making</p> <p>Know how to keep self and others safe in situations that involve substance use</p> <p>Develop exit strategies for pressurised or dangerous situations</p> <p>Know how to seek help for substance use and addiction</p>
	<p><b>Work experience</b> Preparation for and evaluation of work experience and readiness for work</p>	<p>Evaluate strengths and interests in relation to career development</p> <p>Identify opportunities in learning and work</p> <p>Develop strategies for overcoming challenges or adversity</p> <p>Understand about responsibilities in the workplace</p> <p>Know how to manage practical problems and health and safety</p>