

Term	I I am learning	By the end of this topic I will be able to
Autumn	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Know how to manage challenges during adolescence Know how to reframe negative thinking Understand the signs of emotional or mental ill-health Know how to access support and treatment Effectively budget and evaluate savings options Know how to prevent and manage debt, including understanding credit rating and pay day lending Understand how data is generated, collected and shared, and the influence of targeted advertising Consider how thinking errors, e.g. gambler's fallacy, can increase susceptibility to gambling
	Healthy relationships Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography Exploring influence The influence and impact of drugs, gangs, role models and the media	Know about relationship values and the role of pleasure in relationships Understand assumptions, misconceptions and social norms about sex, gender and relationships Identify the opportunities and risks of forming and conducting relationships online Know how to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours Identify positive and negative role models Evaluate the influence of role models and become a positive role model for peers Maintain a positive personal presence online Know how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime Understand the media's impact on perceptions of gang culture

Spring	Addressing extremism and radicalisation Communities, belonging and challenging extremism Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Understand about communities, inclusion, respect and belonging Know about the Equality Act, diversity and values Understand how social media may distort, mis-represent or target information in order to influence beliefs and opinions Use strategies to promote mental health and emotional wellbeing Understand about the portrayal of mental health in the media Maintain a positive personal presence online Challenge stigma, stereotypes and misinformation Know how to access support and treatment Suicide prevention
	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices Healthy relationships Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography	Suggest strategies for managing influences related to gambling, including online Understand the relationship between gambling and debt Know about the law and illegal financial activities, including fraud and cybercrime Manage risk in relation to financial activities Know about the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent Recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support Understand how to recognise and challenge victim blaming Know the difference between asexuality, abstinence and celibacy

PSHE Year 10 Curriculum Map

Summer	Addressing extremism and radicalisation Communities, belonging and challenging extremism	<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>
	Exploring influence The influence and impact of drugs, gangs, role models and the media	<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>
	Work experience Preparation for and evaluation of work experience and readiness for work	<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>