

Overview: Year 10

PSHE follows three strands:

Health and Wellbeing: Understanding how to look after your physical and mental health, keep yourself safe, and make choices that support your wellbeing.

Living in the Wider World: Learning about being part of society, including understanding money, work, and how to contribute positively to the world around you in modern Britain.

Relationships and Community: Learning about how to build and maintain safe, healthy, and positive relationships with others, including friends, family, and people in the community.

Relationships and Sex Education (RSE) is a statutory requirement as part of Relationships Education, where students learn about healthy relationships, consent, personal boundaries and how people grow and change, including understanding bodies, reproduction, and how to stay safe. Parents and carers have the right to request withdrawal from some or all of sex education taught as part of statutory RSE.

As a school, we are respectful and sensitive to the diverse cultures, beliefs and religions within our community when delivering PSHE and RSE.

<i>Autumn 1 2026</i>	<i>Autumn 2 2026</i>	<i>Spring 1 2027</i>
Content – Relationships and Community Themes: British values, bullying and cyberbullying, discrimination and prejudice, marriage and families <i>Fortnight 1: Child-on-child abuse and Cyberbullying</i> <i>Fortnight 2: Gender Norms and Stereotypes</i> <i>Fortnight 3: Marriage and Civil Partnerships</i> <i>Fortnight 4: Becoming a Parent</i>	Content – Health and Wellbeing Themes: Mental health and the impact of social media <i>Fortnight 1: Mental Health and Mental Illnesses</i> <i>Fortnight 2: Emotional Wellbeing and Coping with Stress</i> <i>Fortnight 3: The Impact of Screen Time and Social Media</i>	Content - Health and Wellbeing Themes: Making healthy choices and Safety <i>Fortnight 1: First Aid: CPR, AEDs and Choking</i> <i>Fortnight 2: Making Healthy Choices – Cosmetic and Plastic Surgery</i> <i>Fortnight 3: Making Healthy Choices – Organ Donation, Vaccines and Blood Donation</i>

Year 10 BIG PICTURE 2026-27

Spring 2 2027	Summer 1 2027	Summer 2 2027
Content – Living in the Wider World Themes: Aspirations, careers and futures, money Fortnight 1: Religion in Modern Britain (Statutory RE) Fortnight 2: How our Data is Shared and Used Fortnight 3: How to Stop Smoking and Vaping	Content – Relationships and Community Themes: Sexual behaviour online, sex and intimacy, pregnancy Fortnight 1: Sexual Behaviour Online, Expectations around Sex and intimacy (RSE) Fortnight 2: Understanding Intimacy, Foetal Development, Pregnancy and Abortion (RSE) Fortnight 3: Making friendships that last	Content – Living in the Wider World Themes: Aspirations, careers and futures, money Fortnight 1: Making Decisions about the Future Fortnight 2: Finding Work Locally and Internationally Fortnight 3: End of Year Quiz / Getting ready for Year 11 Fortnight 4: Saving Money and Budgeting Wisely