

Overview: Year 10

PSHE follows three strands:

Living in the Wider World is a themed area of PSHE content described by the PSHE Association. This theme covers several areas which children and young people need to know, relating to respecting others, being a responsible and contributing citizen of their community, their country and the wider world.

Health and well being is a theme to developing knowledge, skills and attributes students need to keep themselves healthy and safe and prepare for life and work in modern Britain.

Relationships explores different areas in connection to recognising different relationships, building new relationships, and recognising if a relationship is healthy and positive for their wellbeing. **Relationships and Sex Education (RSE)** is a statutory requirement as part of Relationships Education, from which parents have a right to withdraw their child.

Autumn 1 2025	Autumn 2 2025	Spring 1 2026
<p>Content – Living in the Wider World</p> <p>PSHE – AUT 1 Mental Health</p> <p><i>Fortnight 1: Mental Health and Mental Illnesses</i></p> <p><i>Fortnight 2: Emotional Wellbeing and Coping with Stress</i></p> <p><i>Fortnight 3: Screen Time</i></p> <p><i>Fortnight 4: The Insta and TikTok Generation</i></p>	<p>Content – Living in the wider World</p> <p>PSHE – AUT 2 British Values British Values, Protected Characteristics, respect, tolerance.</p> <p><i>Fortnight 1: Child-on-child abuse and Cyberbullying</i></p> <p><i>Fortnight 2: Gender Norms and Stereotypes</i></p> <p><i>Fortnight 3: Marriage and Civil Partnerships</i></p>	<p>Content Health and Wellbeing</p> <p>PSHE SPR 1 Keeping Safe, Online Safety, Managing money.</p> <p><i>Fortnight 1: First Aid: CPR, AEDs and Choking</i></p> <p><i>Fortnight 2: Making Healthy Choices – Cosmetic and Plastic Surgery</i></p> <p><i>Fortnight 3: Making Healthy Choices – Organ Donation, Vaccines and Blood Donation</i></p>

<p style="text-align: center;">Spring 2 2026</p>	<p style="text-align: center;">Summer 1 2026</p>	<p style="text-align: center;">Summer 2 2026</p>
<p>Content – Health and Wellbeing</p> <p>PSHE – SPR 2 Theme: Aspirations, careers and futures, money</p> <p><i>Fortnight 1: Making Decisions about the Future</i></p> <p><i>Fortnight 2: Finding Work Locally and Internationally</i></p> <p><i>Fortnight 3: Saving Money and Budgeting Wisely</i></p>	<p>Content – Relationships</p> <p>PSHE - SUM 1 Theme: Sexual behaviour online, sex and intimacy, pregnancy</p> <p><i>Fortnight 1: Sexual Behaviour Online, Expectations around Sex and intimacy (RSE)</i></p> <p><i>Fortnight 2: Understanding Intimacy, Foetal Development, Pregnancy and Abortion (RSE)</i></p> <p><i>Fortnight 3: Marriage and Civil Partnerships</i></p>	<p>Content - Relationships</p> <p>PSHE - SUM 2 Theme: Positive relationships in families and friendships.</p> <p><i>Fortnight 1: Becoming a Parent</i></p> <p>Fortnight 2: Religion in Modern Britain (Statutory RE)</p> <p><i>Fortnight 3: How our Data is Shared and Used</i></p> <p><i>Fortnight 4: How to Stop Smoking and Vaping</i></p>