

Year 10	Topic	What Students Learn
Autumn 1 & 2 Health & Wellbeing PSHE	Mental health Mental health and ill health, stigma, safeguarding health (including during periods of transition or change)	<ul style="list-style-type: none"> • How to manage challenges during adolescence • How to reframe negative thinking • Strategies to promote mental health and emotional wellbeing • Signs of emotional or mental ill-health • How to access support and treatment • About the portrayal of mental health in the media • How to challenge stigma, stereotypes, and misinformation
Spring 1 Relationships RSE	Healthy relationships Relationships and sex expectations, pleasure and challenges (including the impact of the media and pornography)	<ul style="list-style-type: none"> • Relationship values and the role of pleasure in relationships • About assumptions, misconceptions, and social norms about sex, gender, and relationships • The opportunities and risks of forming and conducting relationships online • How to manage the impact of the media and pornography on sexual attitudes, expectations, and behaviours • The ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent • How to recognise and respond to pressure, coercion, and exploitation, including reporting and accessing appropriate support • How to recognise and challenge victim blaming • About asexuality, abstinence, and celibacy
Spring 2 Health & wellbeing PSHE	Exploring influence The influence and impact of drugs, gangs, role models, and the media	<ul style="list-style-type: none"> • Positive and negative role models • How to evaluate the influence of role models and become a positive role model for peers • The media's impact on perceptions of gang culture • The impact of drugs and alcohol on individuals, personal safety, families, and wider communities • How drugs and alcohol affect decision making • How to keep self and others safe in situations that involve substance use • How to manage peer influence in increasingly independent scenarios, in relation to substances, gangs, and crime • Exit strategies for pressurised or dangerous situations • How to seek help for substance use and addiction
Summer 1 & 2 Relationships RSE	Addressing extremism and radicalisation Community cohesion and challenging extremism	<ul style="list-style-type: none"> • About communities, inclusion, respect, and belonging • The Equality Act, diversity, and values • How social media may distort, misrepresent or target information in order to influence beliefs and opinions • How to manage conflicting views and misleading information • How to safely challenge discrimination, including online • How to recognise and respond to extremism and radicalisation