

Year	Term	Session topic	Learning objectives	Statutory outcomes	Resources and teaching guidance		Assessment evidence
Year 10	Autumn 1	Wellbeing and social connections	<ul style="list-style-type: none"> What we mean by wellbeing How connection improves our wellbeing How to nurture our social connections 	Health and wellbeing; Relationships	Wellbeing and social connections lesson		PSHE reflection diary, teacher observation.
		Being Black and British	<ul style="list-style-type: none"> What we mean by identity What it means to have a dual-identity How to recognise Black contributions to British culture 	Citizenship; Rights and responsibilities; Relationships	Being Black and British lesson	Teaching race RWS guidance	
		Drugs and their effects	<ul style="list-style-type: none"> What the dangers of drug use are What the law says about drug use How we can feel empowered to make positive choices 	Health and wellbeing; Safeguarding	Drugs and their effects lesson		
	Autumn 2	AI and conspiracy theories	<ul style="list-style-type: none"> What AI hallucinations are How we can be aware of AI misuse How we can promote digital citizenship 	Online safety; Citizenship; Rights and responsibilities	AI and conspiracy theories lesson	Teaching conspiracy theories RWS guidance	PSHE reflection diary, teacher observation.
		Different career types	<ul style="list-style-type: none"> What a career is How to decide what your career priorities are How we can learn more about careers 	Careers education	Career types lesson	Unifrog teacher resources	
		Catfishing and sextortion	<ul style="list-style-type: none"> What catfishing is How might someone become a victim of sextortion Ways we can protect ourselves online 	Online safety; Relationships; Health and wellbeing	Catfishing and sextortion lesson		
		Dealing with exam pressure	<ul style="list-style-type: none"> What workload anxiety is How to deal with workload anxiety Ways we can help ourselves when preparing for exams 	Health and wellbeing; Safeguarding	Dealing with exam pressure lesson		
	Spring 1	Sexual harassment and consent	<ul style="list-style-type: none"> What sexual harassment is Which actions constitute sexual harassment How we can ensure we engage with others respectfully 	Relationships; Citizenship; Rights and responsibilities	Sexual harassment lesson	Teaching consent RWS guidance	PSHE reflection diary, teacher observation.
		Being safe on the streets	<ul style="list-style-type: none"> What we mean by street safety The dangers teens typically face in public How to keep safe whilst out 	Staying safe; Health and wellbeing; Safeguarding	Street safety lesson		
		Safer Internet Day PSHE	Theme changes depending on year	Online safety	Safety Internet Day archive		
	Spring 2	Health and body image	<ul style="list-style-type: none"> What body image is How body image can damage our physical and mental health How to ensure a balanced lifestyle 	Health and wellbeing; Safeguarding	Health and body image lesson		PSHE reflection diary, teacher observation.
		Contraception and reproductive health	<ul style="list-style-type: none"> What contraception is How to have good reproductive health How to make safe and responsible choices Where you can get sexual health advice 	Relationships; Sex education; Health and wellbeing	Contraception and reproductive health lesson	Teaching sex education RWS guidance	
		Careers	TBC	Careers education		Unifrog teacher resources	
	Summer 1	Self harm and suicide	<ul style="list-style-type: none"> What we mean by self harm and suicide What is considered self harm How to help for self harm and suicidal thoughts 	Health and wellbeing; Safeguarding	Self harm and suicide lesson		PSHE reflection diary, teacher observation.
		PREVENT and incel culture	<ul style="list-style-type: none"> What extremism means How PREVENT works What to do if you are concerned about yourself or a friend 	Relationships; Citizenship; Rights and Responsibilities; Safeguarding	PREVENT and incel culture lesson	Radicalisation RWS teaching guidance	
		Budgeting money and financial literacy	<ul style="list-style-type: none"> What budgeting is How to budget How to be financially literate 	Economic wellbeing	Budgeting money lesson		
		Managing difficult emotions	<ul style="list-style-type: none"> What emotional disorders are What might trigger negative emotions How to effectively manage negative emotions 	Health and wellbeing; Relationships	Managing difficult emotions lesson		
	Summer 2	Vaping and edibles	<ul style="list-style-type: none"> What the dangers of vaping are What the dangers of edibles are How to make positive choices around drugs 	Health and wellbeing; Safeguarding	Vaping and edibles lesson		PSHE reflection diary, teacher observation.
		Entrepreneurship	<ul style="list-style-type: none"> What an entrepreneur is The advantages and disadvantages of entrepreneurship The enterprise skills needed for entrepreneurship 	Careers education	Entrepreneurship lesson	Unifrog teacher resources	
		Values week	Heart health, CPR, CV skills	Health and wellbeing; first aid ; careers education	Year 10 Values Week lessons		
		Human rights	<ul style="list-style-type: none"> What human rights are Why human rights are important How our human rights are protected 	Citizenship; Rights and responsibilities	Human rights lesson		