

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		