PSHE/RSE: Year 10 Medium Term Overview

Autumn Term 1 Introduction to Health and Well-being	Autumn Term 2 Introduction to Relationships	Spring Term 1 Health and Wellbeing	Spring Term 2 Living in the Wider World	Summer Term 1 Relationships	Summer Term 2 Health and Wellbeing
Healthy bodies, healthy minds Transition, positive and healthy relationships, physical and mental health, lifestyle and wellbeing, healthy eating, body image, promoting emotional wellbeing	**Diversity, equality, culture** Multi-cultural Britain, identify, nature v nurture, equality, stereotypes, prejudice, discrimination, traditions	**Exploring Influence** Influence and impact of drugs, role models	**Work experience and employability skills** Media and online presence Employability	**Healthy Relationships** Relations and sexual expectations, pleasure and challenge, including media impact and pornography	**Mental Health** Mental health, ill health, stigma, safeguarding health including periods of transition and change
In this unit, students learn to: · understand positive and healthy relationship traits · explain basic lifestyle and wellbeing concepts · how healthy eating impacts lives · identify different body images and those represented inappropriately online · promote their own emotional wellbeing	*In this unit, students learn to:* · appreciate the multi-cultural diversity of Britain · identify stereotypical views · understand how discrimination and prejudice can affect people's lives	*In this unit, students learn to:* · analyse how alcohol and other drugs affect decision-making · assess the risks of substance use when travelling or socialising · explain ways to keep safe and support friends when socialising in situations involving alcohol or other drugs · understand the dangers of County Lines and how this	*In this unit, students learn to:* · identify risks and benefits to sharing material online that an employer, client or organisation may be able to see · describe strategies to showcase personal strengths online · explain how to create a positive first impression with potential employers or clients through social media · explain that what someone shares on social media now, may affect		

		can affect them and their families · explain how different internal and external influences can affect decision making · describe strategies for managing peer influence in increasingly independent contexts · evaluate ways to be a positive influence on peers in relation to substance use · describe the wider physical and psychological consequences of substance use · explain what addiction/dependency is and how it can affect individuals · identify sources of support and how to seek help for substance use and addiction · evaluate and challenge potential barriers to seeking support	their employment opportunities in the future · identify opportunities for cultivating careers online and associated challenges · evaluate the benefits and challenges of maintaining a positive online presence · identify emerging trends and challenge misconceptions about opportunities for employment · demonstrate ways to think creatively about job opportunities and job-seeking · explain key factors to consider when choosing jobs · explain how a range of experiences can enhance employment prospects · identify strategies for managing emotions related to seeking employment and the application process · demonstrate how to select and use evidence of strengths and skills during the application process		

			· explain ways to improve the quality of applications and interview performance		