



# PSHE OVERVIEW



## Health and wellbeing:

- Managing challenges
- Creating a growth mindset
- Mental health in the media

In Year 10, health and wellbeing education within PSHE helps pupils develop strategies for managing challenges and building resilience. Pupils explore the concept of a growth mindset and examine how mental health is portrayed in the media. This learning supports positive mental wellbeing, self-awareness, and the skills needed to overcome personal and academic challenges.

## Living in the wider world:

- Budgeting and saving options
- Fraud
- Impact of financial decision making

In Year 10, living in the wider world education within PSHE supports pupils in developing financial awareness, including budgeting, saving options, and understanding the impact of financial decisions. Pupils also learn how to recognise and protect themselves from fraud. This learning equips pupils with the knowledge and skills to make responsible financial choices now and in the future.

## Relationships and sex:

- Pornography in the media
- Relationships and sex expectations
- Risks of online relationships
- Consent
- Exploitation
- Coercion

In Year 10, relationships and sex education within PSHE helps pupils understand the impact of pornography in the media and explore realistic expectations around relationships and sex. Pupils learn about the risks of online relationships, consent, exploitation and coercion. This learning equips pupils to make safe, informed choices and build respectful, healthy relationships.

## Health and wellbeing:

- Drugs and alcohol
- Gang culture
- Positive role models

In Year 10, health and wellbeing education within PSHE helps pupils understand the risks associated with drugs and alcohol, and the dangers of gang culture. Pupils also explore the influence of positive role models on choices and behaviour. This learning supports pupils in making safe, responsible decisions and developing resilience.

## Relationships and sex:

- Hate crime awareness
- Challenging extremism
- Diversity in our communities

In Year 10, relationships and sex education within PSHE helps pupils understand hate crime and the importance of challenging extremism. Pupils also explore diversity in our communities and the value of equality and respect. This learning promotes empathy, responsible behaviour, and positive engagement within a diverse society.

## Living in the wider world:

- Preparation for the world of work
- Positive online image
- Exam skills

In Year 10, living in the wider world education within PSHE prepares pupils for the world of work, including building a positive online presence and understanding how digital profiles can impact future opportunities. Pupils also develop exam skills to support academic success. This learning equips pupils with practical skills for future education, careers, and personal development.