

| <b>Year 10 PSHE</b>                                                                                                                                                                                                                  |  |
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| <b>Healthy Bodies and Healthy Futures</b>                                                                                                                                                                                            |  |
| <b>Key Questions</b>                                                                                                                                                                                                                 |  |
| <p>What is the role of the local healthcare system from GPs to Pharmacies?</p> <p>Why is it important to maintain a healthy diet and level of activity?</p> <p>Do male and female experiences within the healthcare system vary?</p> |  |
| <b>What previous knowledge is required?</b>                                                                                                                                                                                          |  |
| <p><b>KS3</b></p> <p>Contraception, STI's, HIV and AIDS, Healthy eating and cholesterol.</p>                                                                                                                                         |  |
| <b>How will this term's content help with future learning?</b>                                                                                                                                                                       |  |
| <p><b>Year 11 term 2 and 3</b></p> <p>Adult health and looking after yourself and sexual health</p>                                                                                                                                  |  |
| <b>Common Misconceptions</b>                                                                                                                                                                                                         |  |
| <p>How the healthcare system works, when each service is required and how out of hours services help to reduce the strain on emergency services.</p> <p>How they can advocate for themselves and when they can.</p>                  |  |
| <b>Statutory Requirements</b>                                                                                                                                                                                                        |  |
| <b>Health protection and prevention, and understanding the healthcare system section 3, 4, 5, 8 and 9</b>                                                                                                                            |  |
| <b>Healthy Minds and Safe Choices</b>                                                                                                                                                                                                |  |
| <b>Key Questions</b>                                                                                                                                                                                                                 |  |
| <p>What is the children's act 1989?</p> <p>What is masculinity?</p> <p>Is it important to talk about how we are feeling?</p>                                                                                                         |  |
| <b>What previous knowledge is required?</b>                                                                                                                                                                                          |  |
| <p><b>KS3</b></p> <p>Mental health, respecting women what does it mean to be a man today</p>                                                                                                                                         |  |
| <b>How will this term's content help with future learning?</b>                                                                                                                                                                       |  |
| <p><b>Year 10 term 5</b></p> <p>Positive male roles models and incels</p>                                                                                                                                                            |  |
| <p><b>Year 11</b></p> <p>Peer on peer abuse</p>                                                                                                                                                                                      |  |
| <b>Common Misconceptions</b>                                                                                                                                                                                                         |  |
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Why self-harm and suicidal thoughts occur  
How to appropriately support someone who is suffering with mental health issues  
What masculinity is and how society can alter how masculinity is viewed

### **Statutory Requirements**

**Mental wellbeing sections 1 and 7**  
**Families section 8**  
**Being safe section 7, 8 and 16**

## **Exploring Relationships and Sex Education**

### **Key Questions**

**Why might someone choose to delay sexual activity?**  
**How can pornography impact relationships and society?**  
**How has the way sex is portrayed in the media changed?**

### **What previous knowledge is required?**

**KS3**  
Contraception and STI's, sex the law and consent, Relationships and sex education and puberty

### **How will this term's content help with future learning?**

**Year 10 term 5**  
Relationships and modern challenges  
  
**Year 11 term 2**  
Adult health and looking after yourself

### **Common Misconceptions**

Pornography and sexualisation in the media are not harmful to an individual or society  
Pornography is not addictive  
There is no difference between how men and women are portrayed in the media  
Delaying sex means there is something wrong with someone or the relationship

### **Statutory Requirements**

**Respectful Relationships section 11**  
**Online safety and awareness section 8 and 11**  
**Being safe sections 14 and 15**  
**Intimate and sexual relationships, including sexual health sections 1, 3, 5 and 11**

## **Violence, Crimes and Seeking Safety**

### **Key Questions**

**How have online risks changed over the last five years?**  
**How are human rights still being broken in the UK?**

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| <b>Why would someone carry a knife?</b>                                                                                                                                                                                                                              |
| <b>What previous knowledge is required?</b>                                                                                                                                                                                                                          |
| <b>KS3</b><br>Staying safe online and offline, gangs and criminal behaviour, knife crime and safety, county line and child exploitation.                                                                                                                             |
| <b>Common Misconceptions</b>                                                                                                                                                                                                                                         |
| Reasons why someone may carry a knife and statistics around knife crime in the UK<br>Modern day slavery, forced marriage and honour-based violence are not likely to happen in the UK<br>Loot boxes and gaming have no link to gambling and have no negative impacts |
| <b>Statutory Requirements</b>                                                                                                                                                                                                                                        |
| <b>Wellbeing online section 4</b><br><b>Mental Wellbeing section 4</b><br><b>Personal safety sections 3-5</b>                                                                                                                                                        |
| <b>Relationships, Respect and Modern Challenges</b>                                                                                                                                                                                                                  |
| <b>Key Questions</b>                                                                                                                                                                                                                                                 |
| <b>Is marriage important?</b><br><b>What makes a positive role model?</b><br><b>What can abuse look like in a relationship?</b>                                                                                                                                      |
| <b>What previous knowledge is required?</b>                                                                                                                                                                                                                          |
| <b>KS3</b><br>Friends, respect and relationships, relationships and sex education and conflict resolution.                                                                                                                                                           |
| <b>How will this term's content help with future learning?</b>                                                                                                                                                                                                       |
| <b>Year 11 term 2</b><br>Adult health and looking after yourself                                                                                                                                                                                                     |
| <b>Common Misconceptions</b>                                                                                                                                                                                                                                         |
| Marriage doesn't happen really happen anymore and if it does it is for money<br>How long it can take to leave an abusive relationship<br>How to support someone in an abusive relationship                                                                           |
| <b>Statutory Requirements</b>                                                                                                                                                                                                                                        |
| <b>Being safe sections 13 and 16</b><br><b>Families section 1-6</b><br><b>Online safety section 4 and 5</b>                                                                                                                                                          |
| <b>Exploring British Values</b>                                                                                                                                                                                                                                      |

### Key Questions

Is fake news dangerous?  
Are British values still relevant in 2026?  
How does a defibrillator work?

### What previous knowledge is required?

**KS3**  
Conspiracy theories, multicultural Britain, equalities act and basic first aid

### Common Misconceptions

What the British values are  
How fake news begins and why it is created

### Statutory Requirements

Basic first aid sections 1-3