Year 10 PSHCE Curriculum Map

Colour code key: Key Areas

Relationship and Sex Education	Health Education	Keeping safe and the law	Citizenship and Democracy	Careers/Futures Education

Week	Unit	Lesson title
1	Unit 1	Introduction to Year 10
2		Revision Strategies
3		How can we approach new situations?
4		How can I demonstrate assertiveness?
5		What are my wellbeing warning signs?
6		How can I navigate health care services?
7		How can I take responsibility for my health?
8		How might sexual health impact wellbeing?
9	UNit 2	What are my relationship values?
10		What is emotional abuse?
11		What is toxic culture?
12		What is image-based sexual abuse?
13		How can I manage online relationships?
14		What is incel culture?
15		How can I seek support if I'm worried about my behaviour in relationships?
16	Unit 3	Careers What are employability skills?
17		Careers What skills are needed for my job family?
18		Careers Reflection on the careers journey.
19		How can I budget my money sensibly?

20		How do bank accounts work?
21		Is borrowing money a good idea?
22	Unit 4	How can I get help when there are legal consequences?
23		What can go wrong when using substances?
24		How can you ever be sure what you are taking (illegal/spiked drugs)?
25		Project
26	Unit 5	What are my strengths?
27		What are my areas to develop?
28		What is extremism?
29		What is radicalisation?
30		Is it OK to protest?
31		What are public order offences?
32		How can we balance freedom with the law?
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