

Curriculum Summary Document

Year 10 – PSHE

Wellbeing, Communication, Safety and Future Readiness

Module/Unit of Learning	Taught During	What will students learn?	How does this prepare students to navigate adulthood, independence and their future pathways?	Links to other Subjects
Happiness, Positivity and Mental Wellbeing	September – early October	<p>Students explore the meaning of happiness and positivity and learn how to reframe negative thinking.</p> <p>They study how to recognise mental health concerns in themselves and others and learn strategies for managing challenges effectively.</p> <p>The module supports greater emotional awareness and helps students build resilience in the face of adversity.</p>	<p>This module strengthens emotional resilience and self-awareness, helping students manage stress, uncertainty and transition.</p> <p>It prepares them for increasing personal responsibility and equips them with strategies that will support wellbeing throughout adult life.</p>	<p>PE – healthy lifestyles and wellbeing</p> <p>Science – stress responses and the body</p> <p>Tutor Time – reflection and personal development</p>
Communication and Me	October – December	<p>Students learn about the importance of communication both online and in relationships.</p> <p>They revisit key aspects of online safety, understanding how communication shapes trust and boundaries.</p> <p>The module also explores how to report negative or harmful communication and how to protect themselves in digital and personal interactions.</p>	<p>This module helps students build confident, respectful communication skills essential for adult relationships, employment and digital participation.</p> <p>It strengthens their ability to manage difficult situations, maintain boundaries and protect their wellbeing in online and offline spaces.</p>	Computing – online communication and digital safety communication, tone and interpretation
Radicalisation, Extremism and Online Influence	January – February	<p>Students examine the role of deepfakes, misinformation and online manipulation in shaping opinions and influencing behaviour.</p> <p>They explore how radicalisation occurs online and learn to question the content they see, recognising that algorithms can limit choice and distort perception.</p> <p>The module builds critical awareness of online risks and how extremist ideologies spread.</p>	<p>This module develops students' ability to analyse information critically, recognise manipulation and protect themselves from harmful influence.</p> <p>It supports informed decision-making and strengthens digital resilience—essential skills for adulthood.</p>	<p>Computing – algorithms, misinformation and media literacy</p> <p>History – extremism and ideological movements</p>

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Staying Safe: Pornography, Consent and Bodily Autonomy	February – March	<p>Students explore the impact of pornography, understanding how it can distort expectations and affect relationships and self-esteem.</p> <p>They learn about the damaging effects of sexually explicit content, including revenge pornography, and consider the importance of consent, respect and bodily autonomy.</p> <p>The module also includes awareness of practices such as FGM and their impact on individuals and communities.</p>	<p>This module equips students to recognise unsafe or exploitative behaviour and to maintain healthy boundaries in intimate relationships.</p> <p>It strengthens their understanding of consent, respect and personal safety—key areas as they move towards adulthood.</p>	<p>Religious Studies – respect, ethics and personal values</p> <p>Science – reproduction and bodily autonomy</p>
Relationships, Gangs and Control	April – May	<p>Students examine healthy and unhealthy behaviours within relationships, including the signs of abuse and controlling behaviour.</p> <p>They explore how gangs use manipulation, coercion and control and learn how to seek support and stay safe.</p> <p>The module encourages students to think critically about influence, loyalty and the impact of their decisions.</p>	<p>This module helps students recognise risks, set boundaries and make safe personal decisions.</p> <p>It builds confidence in managing pressures and navigating complex social situations as they approach adulthood.</p>	<p>Tutor Time – pastoral support and behaviour discussions</p> <p>History – power, control and societal structures</p>
Careers and Financial Decision-Making	June – July	<p>Students learn how to make a positive first impression and explore the behaviours and attitudes valued in the workplace.</p> <p>They examine why financial choices matter and study the basics of income tax and inflation.</p> <p>The module helps students understand how money management shapes independence and future opportunities.</p>	<p>This module builds financial awareness, responsibility and ambition.</p> <p>It prepares students for employment, further education and future independence by strengthening their understanding of economic realities and career expectations.</p>	<p>Maths – financial calculations and economic concepts</p> <p>Computing – AI and employment trends</p> <p>Tutor Time – careers and aspirations</p>