

Year 10 PSHEE Curriculum Overview

MICHAELMAS 1	
	<p>Pupils will know/learn:</p> <ul style="list-style-type: none"> ● what topics you are going to study this year. ● understand a variety of consequences of our purchasing habits ● identify how making informed choices can influence our world ● how as consumers we can ensure we are ethical consumers ● explain what an ethical business is by giving examples from The Body Shop model. ● identify how The Body Shop has had a positive impact on communities across the world. ● create astute business plans taking into consideration both business success financially and ethically.
MICHAELMAS 2	
	<p>Pupils will know/learn:</p> <ul style="list-style-type: none"> ● explain what body image is and say how it may change the way you behave. ● how body image affects self esteem affects and suggest ways to maintain good body image. ● to consider the influence puberty has on body image and identify some of the issues it may cause to physical and mental health. ● give examples of the way negative body image can affect your health and name ways that negative body image may develop. ● suggest how adolescents can use knowledge to build safe ways to cope with negative body image. ● advise adolescents how to be resilient to the pressures of having the 'perfect body, perfect life,' in Modern Western Society ● explain the different food groups and why having a balanced diet is important for good physical and mental health. ● suggest how to keep physically and mentally healthy in addition to eating a balanced diet ● explain physical effects of poor choices and the long term health conditions these choices can make.

LENT 1	
	<p>Pupils will know/learn:</p> <ul style="list-style-type: none"> ● say what domestic abuse is and give examples of how it may appear in relationships. ● how the behaviour develops over time in a relationship. ● suggest how domestic abuse affects people in the family or relationship. ● to recap the 10 abusive behaviours that may be present in an abusive relationship ● to consider the impact on children in an abusive household/environment ● to explore abuse within young/teenage relationships and learn how to identify potential danger or harassing behaviour ● produce either an information booklet or a poster giving the details of the 10 behaviours of abuse and places people can seek help.
LENT 2	
	<p>Pupils will know/learn:</p> <ul style="list-style-type: none"> ● discuss the role of a parent including how gender roles have changed in the family. ● explain the effect responsibility has on parents and consider how this may be different depending on personal choices and circumstances. ● consider factors that may lead to successful parenting and be able to identify factors that may lead to required intervention to protect the family. ● explore the financial commitment of having children ● understand the responsibility associated with parenting and consider the choices on immunisation. ● consider the difficulties you may face as a parent.

TRINITY 1	
	<p>Pupils will know/learn:</p> <ul style="list-style-type: none"> ● About the role of intimacy, readiness and pleasure in consensual relationships. ● How to recognise what enthusiastic consent looks and feels like. ● Effective communication and respect have an important role to play in healthy relationships. ● The impact of pornography and its impact on consent. ● About the law relating to pornography and sharing explicit images. ● How that seeking consent through pressure and coercion is wrong and how to manage pressure to consent. ● When asking for consent becomes inappropriately pressuring or persuasive. ● Explain the legal consequences of pressure, persuasion and coercion in relation to consent and explain why, when and how to seek advice and support.
TRINITY 2	
	<p>Pupils will know/learn:</p> <ul style="list-style-type: none"> ● How to identify and manage appropriate and inappropriate conflict behaviours. ● How to manage breakups respectfully and safely. ● The intense emotions that could be felt in breakups and how to manage these. ● How to end and or get support in abusive relationships. ● Signs and types of abuse. ● How to identify likely thoughts and feelings which can affect decision making and suggest how to overcome barriers to seeking help.