



# KS4 PSHE

	Content
<b>Year 10 HT1</b>	<b><u>Well - Being</u></b> This half term we promote the importance of emotional well being . We look at screen time and our online reputation. How the Instagram generation can affect our well-being.
<b>Year 10 HT2</b>	<b><u>Emotional health</u></b> In this unit we look at the challenges we can face when our mental and emotional well-being is not positive. We start to explore loss and grief, including suicide and self harm. A great importance is put on what support is available and how we can help each other.
<b>Year 10 HT3</b>	<b><u>Online safety.</u></b> During this half term we explore what is reality when it comes to relationship we see on the internet and in film, this includes adult relationship. We explore the consequence, (legal, emotional and social) of sending images of an adult nature.
<b>Year 10 HT4</b>	<b><u>Banking</u></b> This unit is all about banking, including mortgages, wage slips and how to manage a budget. Students learn valuable key life skills. During this half term students also look at careers education, including how to write a CV and applying to further education.
<b>Year 10 HT5</b>	<b><u>Marriage and Parenthood</u></b> Here we describe what marriage is, and what marriage is in a range of cultures, including forced marriages. Parenthood is explored, including prevention and the difficulties faced in parenthood
<b>Year 10 HT6</b>	<b><u>Phobias</u></b> To finish off year 10 we explore the different types of discriminations there are, what is while privilege and what rights we have.
<b>Year 11 HT1</b>	<b><u>Self Worth</u></b> This half term is all about raising our self esteem and self worth. How there is a difference between social media life and real life. We challenge the misconceptions on mental health and the stigma attached to it.
<b>Year 11 HT2</b>	<b><u>Adult relationships</u></b> Following on from previous RSE, we learn about different choices we have available to us, should accidents happen. The importance of contraception and sexual health is explored in detail.
<b>Year 11 HT3</b>	<b><u>Alcohol and Drugs</u></b> This follows on from previous learning. We look at festival drugs, being spiked and addictions. We develop our knowledge on the physical and mental impact drugs and alcohol can have on the person, also the risks associated with drinking and drug taking at parties and festivals.
<b>Year 11 HT4</b>	<b><u>Physical Health</u></b> This unit is all about looking after our physical health. We look at testicular and breast cancer, what are the signs, treatment and preventions. We look at cosmetic and aesthetic procedures, including tattoos and piercings
<b>Year 11 HT5</b>	<b><u>Exam stress</u></b> During this short half term we look at the science between the fight, fright or freeze response to stress. We recognise the importance of time management and how technology can help us revise.