

## Year 10 PSHEe - LEARNING JOURNEY

The principal aims of Year 10 PSHEe is to ensure all pupils consider the importance of being financially aware. To examine methods to deal with mental health. To recognise the importance of healthy relationships. Furthermore, to look at how pupils can deal with negative influences and extremism. Pupils to learn how to prepare for examinations.

### Study skills

Revision skills and examination technique



### Safety



### Addressing extremism and radicalisation

Communities, belonging and challenging extremism



Summer  
1

### SMSC and British Values

Spring  
2

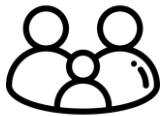


### Exploring influence

The influence and impact of drugs, gangs, role models and the media



### Decision making



### Healthy relationships

Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography



Spring  
1

### RSE

Autumn  
2



### Mental health

Mental health and ill health, stigma, safeguarding health, including during periods of transition or change



### Resilience and mental health



### Financial decision making

The impact of financial decisions, debt, gambling and the impact of advertising on financial choices



Autumn  
1

Summer  
2

### Financial decision making skills