Year 10 PSHE Learning Outcomes

Unit 1: Mental Health

By the end of this unit students will know…

- how to manage challenges during adolescence
- how to reframe negative thinking
- strategies to promote mental health and emotional wellbeing
- about the signs of emotional or mental ill-health
- how to access support and treatment
- about the portrayal of mental health in the media
- how to challenge stigma, stereotypes and misinformation

Unit 2: Healthy Relationships

By the end of this unit students will know…

- about relationship values and the role of pleasure in relationships
- about assumptions, misconceptions and social norms about sex, gender and relationships
- about the opportunities and risks of forming and conducting relationships online
- how to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours
- about the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent
- how to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support
- how to recognise and challenge victim blaming
- about asexuality, abstinence and celibacy

Unit 3: Financial Decision Making

By the end of this unit students will know…

- how to effectively budget and evaluate savings options
- how to prevent and manage debt, including understanding credit rating and pay day lending
- how data is generated, collected and shared, and the influence of targeted advertising
- how thinking errors, e.g. gambler's fallacy, can increase susceptibility to gambling
- strategies for managing influences related to gambling, including online
- about the relationship between gambling and debt
- about the law and illegal financial activities, including fraud and cybercrime
- how to manage risk in relation to financial activities

Unit 4: Exploring Influence

By the end of this unit students will know…

- about positive and negative role models
- how to evaluate the influence of role models and become a positive role model for peers
- about the media's impact on perceptions of gang culture
- about the impact of drugs and alcohol on individuals, personal safety, families and wider communities
- how drugs and alcohol affect decision making
- how to keep self and others safe in situations that involve substance use
- how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime
- exit strategies for pressurised or dangerous situations
- how to seek help for substance use and addiction

Unit 5: Careers

By the end of this unit students will know…

- how to evaluate strengths and interests in relation to career development
- about opportunities in learning and work
- strategies for overcoming challenges or adversity
- about responsibilities in the workplace
- how to manage practical problems and health and safety
- how to maintain a positive personal presence online

Unit 5: Addressing Extremism and Radicalisation

By the end of this unit students will know…

- about communities, inclusion, respect and belonging
- about the Equality Act, diversity and values
- about how social media may distort, mis-represent or target information in order to influence beliefs and opinions
- how to manage conflicting views and misleading information
- how to safely challenge discrimination, including online
- how to recognise and respond to extremism and radicalisation