

## Year 10 RSHE

### Health & Wellbeing

*Students will learn...*

- 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

### Relationships

*Students will learn...*

- about relationship values and the role of pleasure in relationships
- about myths, 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

### **Living in the Wider World**

*Students will learn...*

- 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
- 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 maintain a positive personal presence online

## Year 11 RSHE

### Health & Wellbeing

*Students will learn...*

- how to manage the judgement of others and challenge stereotyping
- how to balance ambition and unrealistic expectations
- how to develop self-efficacy, including motivation, perseverance and resilience
- how to maintain a healthy self-concept
- about the nature, causes and effects of stress
- stress management strategies, including maintaining healthy sleep habits
- about positive and safe ways to create content online and the opportunities this offers
- how to balance time online
- how to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads)
- emergency first aid skills
- how to assess emergency and non-emergency situations and contact appropriate services

### Relationships

*Students will learn...*

- about core values and emotions
- about gender identity, gender expression and sexual orientation
- how to communicate assertively
- how to communicate wants and needs
- how to handle unwanted attention, including online
- how to challenge harassment and stalking, including online
- about various forms of relationship abuse
- about unhealthy, exploitative and abusive relationships
- how to access support in abusive relationships and how to overcome challenges in seeking support

- about different types of families and changing family structures
- how to evaluate readiness for parenthood and positive parenting qualities
- about fertility, including how it varies and changes
- about pregnancy, birth and miscarriage
- about unplanned pregnancy options, including abortion
- about adoption and fostering

### **Living in the Wider World**

*Students will learn...*

- how to use feedback constructively when planning for the future
- how to set and achieve SMART targets
- effective revision techniques and strategies
- about options post-16 and career pathways
- about application processes, including writing CVs, personal statements and interview technique
- how to maximise employability, including managing online presence and taking opportunities to broaden experience
- about rights, responsibilities and challenges in relation to working part time whilst studying
- how to manage work/life balance