

YEAR 10 Personal, Social, Health and Economic Education (PSHE)

Curriculum overview – how we have mapped our PSHE topics alongside Relationships, Health and Sex Education (RSHE)



Focus		Curriculum Content	Students will learn	Links to other curriculum areas	Workshops/external providers
Summer 2	Navigating online harms.	Exploring online harms young people may be exposed to, focusing on responding to deepfake AI images and misogynistic narratives.	- about feelings and pressures relating to sharing nudes - about the motivations behind, and consequences of, deepfakes - how to tackle and respond to deepfakes - how to think critically about misogyny, exploring harms and misconceptions - how to safely respond to and challenge misogyny	KS4 National Curriculum, Computing	
Autumn 1	Independence, health choices and wellbeing.	Making informed, healthy and responsible choices when transitioning to key stage 4 – including study and learning skills, healthy lifestyle choices, and health self-examination and screening awareness.	- how to make informed, healthy and responsible choices when transitioning to key stage 4 - how to develop effective study and learning skills for KS4 - how to make informed choices about food, physical activity and sleep - about menstrual health and wellbeing - how to carry out breast and testicular self-examination, and recognise the signs and symptoms of cancer - about blood, organ and stem cell donation	KS4 National Curriculum, Science, Biology	

Autumn 2	Navigating the online world.	The impacts and risks of artificial intelligence (AI) and digital technologies, including misinformation, deepfakes and the sharing of images.	• about the impacts and risks of artificial intelligence (AI) and digital technologies • about the limitations of generative AI and how it affects our understanding of the world • how AI chatbots can affect relationships • how to recognise and respond to misinformation and deepfakes • about social attitudes towards, and the risks of, sharing nude images	KS4 National Curriculum, Computing	
Spring 1	Friendship, diversity and challenging extremism.	Challenging bullying and harmful attitudes, promoting inclusion, and recognising and responding to extremism.	• how to recognise and challenge bullying behaviour and unhealthy attitudes towards bullying • how to value diversity and promote inclusion • how to understand and prevent extremism • how people are drawn into extremist groups, and how to respond	KS4 National Curriculum, Citizenship	
Spring 2	Managing influence.	Evaluating online content, understanding how harmful attitudes such as misogyny spread, and recognising the impact of content on wellbeing, attitudes and behaviour.	• how to critically evaluate online content • how harmful attitudes such as misogyny spread online, and how to safely challenge them • about the impact of online content on wellbeing, attitudes and behaviour • how money and trust influence online content • about the risks of gambling, including online gambling	KS4 National Curriculum, Citizenship	

Summer 1	Exploring consent and recognising abuse.	Revisiting and deepening understanding of consent, and recognising, challenging and seeking support for harmful behaviours or abuse.	• how to revisit and deepen their understanding of consent, including the role of intimacy and pleasure • about the impact of pornography • how to recognise pressure, persuasion and coercion • about FGM and forced marriage, and how to seek support • about relationship rights and how to report abuse	KS4 National Curriculum, Citizenship	
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