

Scheme of Work for Year 10 PSHE for 2025-26

Lesson	Year 10 PSHE
1	Introduction and classroom expectations/Online safety- sharing images and passwords
2	Mental health- Facing challenges
3	Mental health – Self esteem
4	Mental health – Resilience
5	Mental health – Self confidence
6	Online safety
7	Online Grooming
8	Binge Drinking
9	First Aid - CPR
10	Assessment
11	Introduction to citizenship
12	British Values
13	Rights and Responsibilities
14	Christmas Quiz
15	Government and Politics
16	Money
17	Pensions
18	Money Laundering
19	Personal Finance
20	Challenging Discrimination
21	Anti-Social Behaviour
22	Causes of Knife Crime
23	Knife Crime
24	County Lines
25	Dangers of Gambling
26	Religion and Poverty
27	Religious Freedom (Muslim, Christianity and Judaism)
28	Assessment
29	Religion, Marriage and Divorce
30	Sex education – Contraception
31	Sex education – Teenage Pregnancy
32	Sex education – Unplanned Pregnancies and miscarriage
33	Sex education - STI's
34	Sex education – Honor Based Violence
35	Sex education – FGM
36	Sex education – CSE
37	Sex education – Sending nudes and its consequences
38	Assessment

Colour	Key
	Health and Wellbeing
	Living in the wider world
	Relationships and Sex Education
	Assessment