

Year 10-11 PSHE

Throughout the school year, your child will be learning about these key topics. The specific timing of when each topic is covered can be found on the main Key stage 4, year 10-11 page.

To support your child's learning, we've included some ideas and websites that you may find helpful to explore and discuss together as they progress through the curriculum.

YEAR 10	
Theme	Opportunity to help.
Transition to KS4.	<p>Online resources students could be introduced to, to assist revision techniques</p> <p>https://senecalearning.com/en-GB/ https://www.bbc.co.uk/bitesize/levels/z98jmp3 https://www.primrosekitten.com/ https://www.sparknotes.com/ https://getrevising.co.uk/ https://www.savemyexams.com/ https://www.mrbartonmaths.com/index.html</p>
Perfectionism	<p>During these two years, students will focus on learning content for their GCSEs. It is common to compare oneself to others and become distracted by the pursuit of perfection. These two lessons encourage students to reflect on their approach to work and critically examine their tendencies toward perfectionism.</p> <p>https://www.nace.co.uk/perfectionism https://youtu.be/lFG1b1-EsW8?si=bWMUxiTrwh5DVd0d</p>
Stalking and Harassment	<p>This topic is written by the Alice Ruggles Trust to educate girls on the issues with unhealthy relationships, unwanted attention and how to deal with stalking.</p> <p>Discussion about types of relationships and lines that can be crossed. Discuss the nuance of ways of showing affection and what to do if attention does become unwanted.</p> <p>www.stalkinghelpline.org https://www.themix.org.uk/ https://www.respect.org.uk/</p>
Consent and Sex education	<p>This topic leads on from the sex education that the students covered in KS3. The scenarios are more age appropriate and discuss more adult topics such as upskirting, pornography, online images etc.</p> <p>https://www.brook.org.uk/help-advice/ www.fpa.org.uk www.youngminds.org.uk</p> <p>Discuss the difference between sex and gender. Are there any current affairs about sexuality at the moment? What do the different words mean?</p> <p>https://youtu.be/dgpg6oUvyAQ https://www.youtube.com/watch?v=mskecTHlaCk</p>

	Invisible discrimination - behaviours that are subtle, indirect, or not immediately apparent. Discussion about how the media has changed over time to be more inclusive – disability, ethnicity etc.
Donations	<p>These lessons, provided by the NHS, aim to introduce students to the importance of blood and stem cell donation. They include discussions on personal perspectives regarding blood donation—exploring reasons why individuals may choose to donate or not. Students will also examine the ethical and practical implications of organ donation systems, comparing the "opt-out" system to the "opt-in" system. Additionally, the lessons will highlight why the NHS urgently requires stem cell donations and the impact these donations can have on saving lives.</p> <p>youtube.com/user/AnthonyNolan bbmr.co.uk youtu.be/bHVopHGcgxU</p>
First aid	<p>Recap of basic first aid and reintroducing CPR and recovery position to students. www.firstaidforlife.org.uk</p> <p>Looking at the issues that an average 15-16yrs old would encounter</p> <ol style="list-style-type: none"> 1. Stings 2. Burns 3. Bites 4. Sprains 5. Sunburn vs heat stroke 6. Asthma
Self-awareness of our bodies.	<p>These lessons look at the following areas of the body.</p> <ol style="list-style-type: none"> 1. Mind – looking at “normal” and how that leads to poor mental health. Discuss what normal thoughts are and how they differ from overwhelming thoughts. https://youtu.be/ZJbrtQgLdpk?si=Awdq16V18s7kHmQT https://youtu.be/DxIDKZHW3-E https://www.youtube.com/watch?v=lKWolwgiLRk https://youtu.be/0QXmmP4psbA 2. Breasts – resources from www.coppafeel.org.uk 3. Periods and period poverty – recap of knowledge taught in Yr7. Reiterating the need for good hygiene and the products available to students. Explaining what period poverty is and how it is an issue in the UK. Discuss how the government has intervened with free period products in all schools. https://youtu.be/bPxc2P8YFyl https://youtu.be/C2zd1x4e4ds https://youtu.be/K0UGrfH0HV0

	<p>4. Vulva health – this is a resource from PSHE association and Canesten. Again, a taboo to talk about this area of the body – however itching or discharge can be very concerning – this lesson is to promote positive mental wellbeing, understanding our own bodies and what to do if you need help.</p> <p>https://youtu.be/kdjMXDQE_P4</p>
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YEAR 11	
Theme	Opportunity to help.
Risky Behaviour	<p>This topic covers the final specification on relationship and personal safety.</p> <p>Themes covered in this topic will be</p> <ol style="list-style-type: none"> 1. Safe driving. 2. Peer pressure 3. Alcohol spiking https://www.drinkaware.co.uk/advice-and-support/help-to-support-someone-else/drink-spiking-and-date-rape-drugs www.ceop.police.uk www.thinkuknow.co.uk 4. Relationship assumptions 5. Pregnancy and options 6. Online safety – sharing nudes. www.brook.org.uk/topics/pregnancy www.childline.org.uk www.pshe-association.org.uk/curriculum-and-resources/resources/abortion-factsheet-frsh-rcog 7.sexual violence www.galop.org.uk www.stopitnow.org.uk
Extremism	<p>This topic is written by the PSHE association with Medway council.</p> <p>The lessons</p> <ul style="list-style-type: none"> • explores how choices can impact others, and the positive actions young people can take to promote diversity and community cohesion. • develops understanding of the distinctions between protest and extremism, and of how students can act to promote community safety, including if they are worried about others' behaviour. • focuses on the radicalisation process, supporting students to understand recruiter manipulation, to help safeguard themselves and others. <p>www.youngminds.org.uk/young-person www.childline.org.uk www.victimsupport.org.uk/children-and-young-people</p>