

## Year 10 PSCHE Lessons

As part of the PSCHE curriculum students are taught about a variety of personal, social, cultural and health related modules, as part of this they will consider health and wellbeing, relationships and fundamental British values.

### **Half term 3- Relationships**

Lesson 1- Exploitation (Key objective: To understand the signs of exploitation in a relationship)
Lesson 2- Sex and media (Key objective: To understand the disconnect between how sex is portrayed in the media and real life)
Lesson 3- Contraception (Key objective: To understand the importance of contraception)
Lesson 4- STI's and sexual health (Key objective: To understand the main STI's and their effects)
Lesson 5- Teen pregnancy (Key objective: To understand the impact teen pregnancy can have on your life)
Lesson 6- Review
Lesson 7- Assessment

### **Half term 4- Healthy living**

Lesson 1- Healthy eating (Key objective: To understand the positive impact healthy eating can have on your life)
Lesson 2- Exercise (Key objective: To understand the positive impact exercise can have on your life)
Lesson 3- Alcohol awareness (Key objective: To understand the impact alcohol can have on your life)
Lesson 4- Drugs awareness (Key objective: To understand the impact some common drugs can have on your life)
Lesson 5- Smoking (Key objective: To understand the impact smoking can have on your life)
Lesson 6- Assessment