

Year 10 PSHCE

Unit 1: Relationships and Sex Education			
Break ups	Consent	Teen Pregnancy	
Unit 2: British Values/Democracy/Rights and Responsibilities			
Democracy	Criminal and Civil Law	Discrimination	
Unit 3: Careers and Financial Awareness			
Consumer Laws	Employment Laws	Applying and preparing for the world of work	Preparation for Work Experience
Unit 4: Promoting Healthy Lifestyles and Physical Wellbeing			
Healthy Eating/Life Skills/Poor Diet and link to Disease	Negative Impact of Drug taking and the Law: Prescribed Drugs	Risk Taking Behaviours	
Unit 5: Emotional Health and Wellbeing			
Health risks & Issues Related to the Media and Body Image	Managing Tough Times; Change, Grief and Bereavement	Self Confidence & Self Esteem: Making use of Constructive Criticism	

Year 11 PSHCE

Unit 1: Relationships and Sex Education			
Parenting	Child Sexual Exploitation	Relationship Types	
Unit 2: Careers and Financial Awareness			
The right career for me	Careers in STEM	Writing CV's	Applying for colleges and apprenticeships (plus form times)
Unit 3: British Values/Democracy/Rights and Responsibilities			
Women in the Media	Disability	Inequality	
Unit 4: Physical/Emotional Health and Wellbeing			
Suicide	Strategies to Manage Stress, Anxiety & Depression	Mindfulness and Relaxation leading up to and during Exams.	Importance of Diet, Sleep, Exercise and adopting a Healthy lifestyle in combatting Stress.