PSHE: Year 10 lesson journey

Unit One: Health and Wellbeing

Lesson number	Lesson focus
L1	Self-confidence and self-esteem
L2	Binge drinking
L3	Smoking, vaping and cannabis
L4	Pregnancy and choices
L5	Pregnancy – miscarriage and fertility problems
L6	Cosmetic procedures and safety
L7	Road safety

Drop down one: Staying safe in the sun (covers skin cancer) & Gangs

Drop down two: Identifying risk online and offline & Setting your screen aside

Unit Two: Relationships and Sex Education

Lesson number	Lesson focus
L8	Managing changes and emotions in relationships
L9	What is abuse?
L10	Abusive relationships
L11	Sexual harassment
L12	Gender identity

Drop down three: Revenge porn & Parenting

Drop down four: Pornography & Substance misuse (outside speaker Change, Grow, Live)

Unit Three: Living in the Wider World

Lesson number	Lesson focus
L13	Challenging gender stereotypes – women
L14	Challenging gender stereotypes – men
L15	Finance
L16	Politics – why do we pay taxes?
L17	Careers
L18	Careers
L19	Careers

Drop down five: Gambling & Modern slavery and human trafficking

Drop down six: x2 Careers lessons