



Year 10 PSHE Plan

Term 1		Term 2		Term 3	
Lesson 1	Ways to well-being – post Covid/	Lesson 8	Pleasure and challenges	Lesson 14	Impact of social media
Lesson 2	GCSE Transition – study habits	Lesson 9	Influences on health	Lesson 15	Debt and gambling
Lesson 3	Mental health – tackling stigma	Lesson 10	Prevention	Lesson 16	Drug misuse
Lesson 4	Recognising signs of wellbeing concerns	Lesson 11	Relaxation and health	Lesson 17	Preparation for WEX
Lesson 5	Relationship myths and expectations	Lesson 12	FGM	Lesson 18	Preparation for WEX
Lesson 6	Managing relationship changes including breakups	Lesson 13	Influence of role models	Lesson 19	Preparation for WEX
Lesson 7	Impact of media and pornography				

Health and Well-Being

Relationships

Living in the Wider World

[Type here]