



## PSHCE KS4

### Year 10

	Topic	What's Covered?
Unit 1	<b>Health and Wellbeing</b>	How do others effect our self esteem and confidence? Mental health, stress, depression, anxiety, self- harm, suicide, STI's and protection, more advanced first aid, safety in public & on the streets, checking for signs of cancer and other illnesses.
Unit 2	<b>Relationships</b>	The right of marriage, gay marriage, abusive relationships (physical and emotional), forced marriage, exploitation, harrassment and bullying in relationships, gang culture, seperation, divorce, bereavement, supporting organisations, contraception, unintended pregnancy and the consequences, adopting, fostering, abortion, how can you help?
Unit 3	<b>Living in the wider world</b>	Evaluating themselves in preperation for job applications and GCSEs, extremism, harassment, how these will effect employability.
Unit 4	<b>E- Safety</b>	Using cosial media safely, risks of the internet, Trolling and real life stories.

### Year 11

Topic	What's Covered?
<b>Health and Wellbeing</b>	Constrictive feedback and how to take advice and negative comments, emotional and mental health disorders, importance of moitoring their own health, media's portrayal of body image and its effect on young people, cosmetic procedures, short term and long term abuse of drugs and alcohol on themselves and their families/friends, what is habit, dependence and addiction?
<b>Relationships</b>	How to manage stress and emotions without it effecting others, what are the characteristics of a strong relationship? How to manage the end of relationships, domestic abuse, sexuality, the effects of media on sexuality and views of others, the impact of pornagraphy, respect, boundaries and 'norms' related to sexual ethics, sexism, feminism, gender double standards and victim blaming, how to manage unwanted attention.
<b>Living in the wider world</b>	Employability skills, the range of opportunities available to them, project planning, team work, career progression, training and employment, rights and responsibilities to work, confidentiality in the work place, education choices, consumer goods and services, financial decisions and budgeting.

