

**PSHCE Key Stage 4 delivery schedule**

**Year 10**

<b>Emotional and psychological health</b>
<b>Self Harm and Suicide</b>
<b>Eating Disorders - recognition and where to get help</b>
<b>Substance misuse and the impact on mental health and effects</b>
<b>How to protect yourself - STIs</b>
<b>Role of the girlfriend / boyfriend - society and media expectations</b>
<b>Sexuality</b>
<b>Respect faith - relationships and sexual activity</b>
<b>Recognise a healthy / abusive relationship</b>
<b>Teen sex and pregnancy</b>
<b>Pornography</b>
<b>British Values</b>
<b>Adapting skills and qualities for future employment</b>
<b>Work related learning - Aspirations week/PSHCE days</b>
<b>Assertiveness - taking control of your own problems</b>
<b>Gambling / risk taking and its consequences</b>
<b>Discrimination and stereotyping</b>

**Year 11**

<b>How to maximise chances for education or employment opportunities</b>
<b>Career opportunities and exploring requirements</b>
<b>Business and finance</b>
<b>Impact of drugs and alcohol on choices and sexual behaviour</b>
<b>Underage sex and / consequences</b>
<b>Exploitation - Trafficking</b>
<b>Cultural issues - FGM, Forced marriage</b>
<b>Sexual consent and the law</b>
<b>Exam organisation</b>
<b>Stress management</b>
<b>Resilience to substances</b>
<b>Legal highs and harmful effects</b>
<b>Risk taking behaviours and personal safety</b>
<b>Driving under the influence - Alcohol and drugs</b>