

## Year 10 PSHCE

Topic	PoS/Core Themes
Study Skills	Regulation of the use of digital technologies, exam stress, revision techniques (online materials including podcasts, mind map software etc.)
Careers	<p>Different types of work, including employment, self-employment and voluntary work</p> <p>The organisation and structure of different types of business, and work roles and identities</p> <p>Rights and responsibilities at work and attitudes and values in relation to work and enterprise</p> <p>The range of opportunities in learning and work and changing patterns of employment (local, national, European and global)</p> <p>The personal review and planning process, skills and qualities in relation to employers' needs</p> <p>Economic and business terms, including the connections between markets, competition, price and profit</p>
Finance	<p>Personal budgeting, wages, taxes, money management, credit, debt and a range of financial products and services</p> <p>Risk and reward, and how money can make money through savings, investment and trade</p> <p>How and why businesses use finance</p> <p>Social and moral dilemmas about the use of money</p>
Health	<p>How the media portrays young people, body image and health issues</p> <p>The characteristics of emotional and mental health, and the causes, symptoms and treatments of some mental and emotional health disorders</p> <p>The benefits and risks of health and lifestyle choices, including choices relating to sexual activity and substance use and misuse, and the short and long-term consequences for the health and mental and emotional wellbeing of individuals, families and communities</p> <p>Where and how to obtain health information, how to recognise and follow health and safety procedures, ways of reducing risk and minimising harm in risky situations, how to find sources of emergency help and how to use basic and emergency first aid</p>
Relationships	<p>The diversity of ethnic and cultural groups, the power of prejudice, bullying, discrimination and racism, and the need to take the initiative in challenging this and other offensive behaviours and in giving support to victims of abuse</p> <p>The effect of diverse and conflicting values on individuals, families and communities and ways of responding to them</p> <p>Characteristics of positive relationships, and awareness of exploitation in relationships and of statutory and voluntary organisations that support relationships in crisis</p> <p>The roles and responsibilities of parents, carers, children and other family members</p> <p>Parenting skills and qualities and their central importance to family life</p> <p>The impact of separation, divorce and bereavement on families and the need to adapt to changing circumstances</p>