

Y10 Topics



Y10 Weekly Wellbeing Term 1			
Topic	PSHE Strand	British Value Covered	Specific PSHE Area
Mental Health and Wellbeing	Health and Wellbeing	Mutual Respect	Mental Health, Emotional Wellbeing, Help-Seeking and Support Networks
The signs of poor mental health	Health and Wellbeing	Individual Liberty (making informed choices about wellbeing), Mutual Respect	Mental health; recognising warning signs; emotional wellbeing
Reframing negative thinking	Health and Wellbeing	Individual Liberty	Emotional wellbeing; resilience; coping strategies; self-awareness
Support and treatment	Health and Wellbeing	Individual Liberty, Rule of Law (understanding rights and support systems)	Seeking help; mental health support services; accessing healthcare
Mental health in the media	Health and Wellbeing	Mutual Respect, Individual Liberty	Media literacy; representation of mental health; challenging stigma
Diwali and Bonfire Awareness	Living in the Wider World	Mutual Respect, Tolerance of Different Faiths and Beliefs, Rule of Law (firework safety)	Diversity and inclusion; cultural awareness; personal safety; community celebrations
Diwali and Bonfire Awareness First Aid (Burns) Student Elections	Living in the Wider World	Democracy, Mutual Respect, Individual Liberty	Citizenship; participation in school and community life; decision-making

Y10 Weekly Wellbeing Term 2			
Topic	PSHE Strand	British Value Covered	Specific PSHE Area
Self-worth and confidence	Health and Wellbeing	Individual Liberty, Mutual Respect	Self-esteem, self-concept, personal strengths, emotional wellbeing
Online relationships and grooming	Relationships	Rule of Law, Individual Liberty	Online safety, healthy relationships, recognising manipulation and exploitation, safeguarding
Pornography and mental health	Relationships	Individual Liberty, Mutual Respect	Online media influences, sexual behaviours, body image, mental wellbeing, healthy relationships
Consent	Relationships	Rule of Law, Mutual Respect, Individual Liberty	Healthy relationships, personal boundaries, respect, sexual consent
Victim blaming	Relationships	Mutual Respect, Individual Liberty	Respectful relationships, equality, challenging harmful attitudes and stereotypes, safeguarding
Asexuality, abstinence and celibacy	Relationships	Mutual Respect, Tolerance of Different Faiths and Beliefs, Individual Liberty	Diversity in relationships, sexual orientation, relationship choices, respecting differences
Cultures Day – Festive Season	Living in the Wider World	Mutual Respect, Tolerance of Different Faiths and Beliefs	Diversity, inclusion, community cohesion, cultural and religious celebrations

Y10 Weekly Wellbeing Term 3			
Topic	PSHE Strand	British Value Covered	Specific PSHE Area
Budgeting and saving	Living in the Wider World	Individual Liberty	Financial education; managing money; financial planning; informed decision-making
Avoiding and managing debt	Living in the Wider World	Individual Liberty, Rule of Law	Financial capability; debt awareness; financial responsibility; consumer choices
Online gambling	Health and Wellbeing	Individual Liberty, Rule of Law	Risk-taking behaviours; addiction awareness; online safety; financial wellbeing
Fraud	Living in the Wider World	Rule of Law, Individual Liberty	Financial safety; consumer rights and responsibilities; recognising scams and crime
What is toxic culture? (Pol-Ed)	Relationships	Mutual Respect, Individual Liberty	Respectful relationships; discrimination; harmful attitudes; peer and social influences; community responsibility
LGBTQ+ History Awareness	Relationships	Mutual Respect, Tolerance of Different Faiths and Beliefs, Individual Liberty	Equality, diversity and inclusion; protected characteristics; challenging prejudice and discrimination

Y10 Weekly Wellbeing Term 4			
Topic	PSHE Strand	British Value Covered	Specific PSHE Area
Parliamentary Democracy	Living in the Wider World	Democracy, Individual Liberty	Citizenship; political literacy; participation in democratic processes; active citizenship
Electoral Systems	Living in the Wider World	Democracy, Mutual Respect	Citizenship; voting systems; representation; decision-making in society
Human Rights	Living in the Wider World	Individual Liberty, Mutual Respect, Rule of Law	Rights and responsibilities; equality; justice; citizenship
British Legal System	Living in the Wider World	Rule of Law, Individual Liberty	Law and justice; rights and responsibilities; civic awareness
Stress Awareness	Health and Wellbeing	Individual Liberty	Mental health and emotional wellbeing; stress management; resilience
Careers – Counsellor	Living in the Wider World	Individual Liberty	Careers education; employability; future pathways; labour market awareness

Y10 Weekly Wellbeing Term 5			
Topic	PSHE Strand	British Value Covered	Specific PSHE Area
Positive and Negative Role Models	Relationships	Individual Liberty, Mutual Respect	Influence, values, decision-making, personal identity, aspirations
Gang Crime	Relationships	Rule of Law, Individual Liberty	Personal safety, exploitation, criminal behaviour, risk management, community safety
Drug and Alcohol Safety	Health and Wellbeing	Individual Liberty, Rule of Law	Substance misuse, risk-taking behaviour, health choices, harm reduction
Peer Influence	Relationships	Individual Liberty, Mutual Respect	Healthy and unhealthy relationships, decision-making, resisting pressure, personal boundaries
Stigma, Stereotypes and Misinformation (T1)	Relationships	Mutual Respect, Tolerance of Different Faiths and Beliefs	Equality, diversity, discrimination, challenging prejudice, media literacy
Exit Strategies and Support (T4)	Relationships	Individual Liberty, Rule of Law	Seeking help, safeguarding, support networks, managing risk
Our Role as Citizens (T4)	Living in the Wider World	Democracy, Mutual Respect, Individual Liberty	Citizenship, social responsibility, community participation, active citizenship
Autism Awareness Month	Relationships	Mutual Respect, Tolerance of Different Faiths and Beliefs	Diversity, inclusion, understanding disabilities and neurodiversity, respect for differences

Y10 Weekly Wellbeing Term 6			
Topic	PSHE Strand	British Value Covered	Specific PSHE Area
Extremism and Radicalisation	Relationships	Rule of Law, Individual Liberty, Mutual Respect	Safeguarding; recognising extremist influences; critical thinking; personal safety
The Equality Act	Living in the Wider World	Rule of Law, Mutual Respect, Individual Liberty	Rights, responsibilities, equality and diversity; citizenship
Protected Characteristics	Relationships	Mutual Respect, Tolerance of Different Faiths and Beliefs, Individual Liberty	Equality, diversity and inclusion; challenging discrimination; respect for differences
Social Media and Fake News	Living in the Wider World	Individual Liberty, Democracy	Media literacy; critical thinking; digital citizenship; evaluating information
How to Challenge Discrimination	Relationships	Mutual Respect, Individual Liberty, Tolerance of Different Faiths and Beliefs	Equality and diversity; respectful relationships; bystander intervention; anti-discrimination
Responsibilities in the Workplace	Living in the Wider World	Rule of Law, Individual Liberty	Careers education; workplace expectations; employment rights and responsibilities
Cultures Day – Summer Celebration	Living in the Wider World	Mutual Respect, Tolerance of Different Faiths and	Diversity, cultural awareness, community cohesion, celebrating differences