

Subject	Y10 Core Knowledge – Autumn/Spring/Summer term	How to support students' learning
PSHE	<p><b>Autumn Term</b></p> <p><b>Health and wellbeing -</b></p> <ol style="list-style-type: none"> <li>1. Identify why young people take more risks.</li> <li>2. Identify how to avoid negative influences and the consequences of risk taking.</li> <li>3. Explain the personal and social risks associated with substance misuse.</li> <li>4. Explain how different influences can affect decision making related to alcohol and other drugs.</li> <li>5. Identify choices for health and wellbeing that are safe or unsafe/risky and explain why.</li> <li>6. Evaluate the relative risks of different personal and social harms associated with substance misuse.</li> <li>7. Identify the effects of drugs on the brain.</li> <li>8. Evaluate how different drugs can cause varying mental health issues.</li> <li>9. Describe emotional wellbeing, explain the features of mental health and ill-health, and evaluate different sources of support.</li> </ol> <p><b>Relationship and sex education -</b></p> <ol style="list-style-type: none"> <li>10. Identify ways to promote physical, sexual, mental and emotional health.</li> </ol> <p><b>Spring Term</b></p> <p><b>Relationship and sex education -</b></p> <ol style="list-style-type: none"> <li>11. Describe the qualities of healthy and unhealthy social groups.</li> <li>12. Evaluate a range of strategies to manage peer influence and pressure.</li> <li>13. Evaluate the acceptability of a range of relationship behaviours and identify when a relationship may be unsafe.</li> <li>14. Explain how different contraceptives work, factors that can affect their efficacy and how to negotiate use of contraceptives with a partner.</li> <li>15. Explain a range of support and health services, assess when to get help in different situations and describe how to access relevant services.</li> <li>16. Identify the impact of stereotyping, prejudice and discrimination on individuals and relationships.</li> <li>17. Understand the Equality Act and Protected Characteristics.</li> <li>18. Explain rights and responsibilities that promote inclusion for all, and the benefits of living in a diverse community.</li> </ol>	<ul style="list-style-type: none"> <li>• Childline website provides information and advice on a wide range of topics that children and young people may be worried about including peer pressure. <a href="https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/peer-pressure/">https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/peer-pressure/</a></li> <li>• Childline website Information about drug and alcohol use <a href="https://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/">https://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/</a></li> <li>• Talk to Frank Information about drugs, their effects and the law. Talk to Frank for facts, support and advice on drugs and alcohol today. <a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a></li> <li>• Kooth is a mental health support app with trained counsellors, message boards, advice, and help. The unique thing about Kooth is you can have a text conversation with a counsellor and not have to speak on the phone. <a href="http://www.kooth.com">www.kooth.com</a></li> <li>• Childline website provides information and advice on a wide range of topics that children and young people may be worried about. It also has wellbeing resources like the calm zone, art box, mood journal, games and a mental health first aid kit that children can use to work through their feelings and experiences. <a href="http://www.childline.co.uk">www.childline.co.uk</a></li> <li>• CEOP Support young people who are worried about online abuse or the way someone has been communicating with them online.</li> </ul>

	<p>19. Identify the difference between biological sex, gender identity and sexual orientation.</p> <p>20. Identify the characteristics of abusive behaviours, such as sexual harassment, sexual and emotional abuse and violence.</p> <p>21. Describe the warning signs of abuse and how to report abusive behaviours or access support.</p> <p><b>Summer Term</b></p> <p><b>Living in the wider world -</b></p> <p>22. Explain what the Local Labour Market is.</p> <p>23. Identify why understanding the local labour market can support your career planning.</p> <p>24. Describe a range of employment rights and responsibilities.</p> <p>25. Understand the effect money choices have on mental wellbeing.</p> <p>26. Understand the possible consequences of gambling and debt.</p> <p>27. Explain the potential consequences of personal finance choices and suggest ways to manage influences on financial decisions.</p> <p>28. Explain how to effectively budget and suitable sources of support and information around financial opportunities and risks.</p> <p>29. Explain how to make informed career choices and evaluate the appropriateness of different pathways leading to and from these choices.</p> <p>30. Identify why understanding the local labour market can support your career planning.</p>	<p><a href="http://www.ceop.police.uk/Safety-Centre/">www.ceop.police.uk/Safety-Centre/</a></p> <ul style="list-style-type: none"> <li>• Childline website explains all forms of bullying, including discrimination, where to go for help and advice. <a href="https://www.childline.org.uk/in-fo-advice/bullying-abuse-safety/types-bullying/">https://www.childline.org.uk/in-fo-advice/bullying-abuse-safety/types-bullying/</a></li> <li>• Fearless is the dedicated youth service of the independent charity Crimestoppers. We provide you with the opportunity to give information about crime 100% anonymously. Their website gives information on different types of crimes, the law around them and help and advice. <a href="https://crimestoppers-uk.org/fearless">https://crimestoppers-uk.org/fearless</a></li> <li>• Brook is a national young people's charity with over 50 years' experience that specialises in the promotion of sexual health and wellbeing. <a href="https://www.brook.org.uk/">https://www.brook.org.uk/</a></li> <li>• The Proud Trust There is helpful information such as 'coming out', faith and religion, and staying safe. You'll also find stories and experiences from other LGBT+ people in the "People like me" section. <a href="https://www.theproudtrust.org/">https://www.theproudtrust.org/</a></li> <li>• The Children's Society Is a national charity working to transform the hopes and happiness of young people facing abuse, exploitation and neglect. <a href="http://www.childrenssociety.org.uk">www.childrenssociety.org.uk</a></li> <li>• <b>Careers and Enterprise</b> Organisation, Coventry, and North Warwickshire</li> <li>• As a parent or carer, you will want to have some of the key answers that your young people ask of you. The landscape of opportunities has</li> </ul>
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		<p>never been so broad. This site has key resources, tools and support that can help you wade through the options and help shape possible solutions to their future.</p> <p><a href="https://www.cwcareershub.co.uk/parents-zone/">https://www.cwcareershub.co.uk/parents-zone/</a></p> <ul style="list-style-type: none"> <li>• <b>National Careers Service</b> For careers advice and support <a href="https://nationalcareers.service.gov.uk/explore-careers">https://nationalcareers.service.gov.uk/explore-careers</a></li> <li>• Start is a digital careers platform with the information, advice, and tools to help students to explore and plan for their future. <a href="https://careers.startprofile.com/page/home-page">https://careers.startprofile.com/page/home-page</a></li> <li>• GamCare is the leading provider of information, advice, and support for anyone affected by gambling harms. They operate the National Gambling Helpline, provide structured support for anyone who is harmed by gambling, create awareness about safer gambling and treatment, and encourage an effective approach to safer gambling within the gambling industry. <a href="https://www.gamcare.org.uk/">https://www.gamcare.org.uk/</a></li> </ul>
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