

## Colne Primet PSHE/Personal Development Curriculum 2022-23 YEAR 10

**Living in the Wider World** – focuses on careers, personal finance independent living, skills for life and personal values.

**Health and Wellbeing** – focuses on health, hygiene, exercise, mental health, personal safety, drugs and alcohol.

**Relationships and Sex Education (RSE)** – focuses on sex, relationships, friends and family matters, LGBT+, positive and unhealthy relationships.



**Other themes supported by the Personal Development curriculum. These are interwoven into Personal Development as well as linked more specifically to certain topics**

**SMSC** – students have opportunities to engage their spiritual, moral, social and cultural development.

**Citizenship** – focuses on understanding of the role and functions of governmental and other organisations and the rights and responsibilities of citizens.

**Modern British Values (MBV)** – Focuses on the understanding and appreciation of democracy, the rule of law, tolerance and respect, and liberty in the UK

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Health &amp; Wellbeing</b></p> <ol style="list-style-type: none"> <li>1. Why is PD important?</li> <li>2. Social anxiety</li> <li>3. Managing social anxiety</li> <li>4. Social media and self esteem</li> <li>5. Sleep deprivation</li> </ol> <p><b>RSE</b></p> <ol style="list-style-type: none"> <li>6. Forced and arranged marriage</li> <li>7. Spoon rule and Freedom app</li> </ol>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>1. Community cohesion</li> <li>2. Primet anti-bullying pledge</li> <li>3. Sexism and gender prejudice</li> <li>4. Gender inequality</li> <li>5. Disability Awareness</li> <li>6. Disability and discrimination</li> <li>7. Christmas Quiz</li> </ol>	<p><b>RSE</b></p> <ol style="list-style-type: none"> <li>1. Harassment and Stalking</li> <li>2. relationship breakups</li> <li>3. Holocaust memorial day</li> </ol> <p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>4. Excessive Screen time</li> <li>5. Healthy and unhealthy coping strategies</li> <li>6. Reflection week</li> </ol>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>1. Baseline and What is overt and covert racism?</li> <li>2. Overt and covert racism</li> <li>3. IWD and LYC</li> </ol> <p>Health and Wellbeing</p> <ol style="list-style-type: none"> <li>4. Cancer Awareness – male cancer</li> <li>5. Cancer Awareness – breast cancer</li> <li>6. Review and reflect</li> </ol>	<p><b>Living in the Wider World / Citizenship</b></p> <ol style="list-style-type: none"> <li>1. rights and responsibilities in the workplace</li> <li>2. Rights and responsibilities in the workplace</li> <li>3. The Coronation and the Commonwealth</li> <li>4. Health and safety in the workplace.</li> <li>5. Trade unions</li> <li>6. Review and Reflect</li> </ol>	<p><b>Living in the Wider World / Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>1. Pixl Them and Us Respect survey</li> <li>2. Water safety and drugs use</li> <li>3. Risk taking</li> <li>4. WEX</li> <li>5. WEX</li> <li>6. UNICEF and UNCRC</li> <li>7. Pixl them and Us Respect</li> </ol>