

## **Year 10 PSHCE – Learning Objectives**

### **AUT 1**

- To reflect on learning habits and the transition to key stage 4.
- To develop strategies to manage emotional wellbeing during the transition to key stage 4.
- To distinguish between fact and perception in relation to mental health and ill-health.
- To develop strategies for safeguarding emotional and mental health, building on key stage 3 learning on unhealthy coping strategies; to understand what services are available and be able to access them independently.

### **AUT 2**

- To understand the financial, social and emotional risks of poor money management.
- To critically evaluate the risks associated with online gambling and illegal financial activity.
- To consider the importance of role models on health-related behaviour and what makes a good role model.

### **SPR 1**

- To challenge commonly held relationship and sex myths and reinforce positive social norms.
- To learn strategies for beginning a positive and healthy intimate relationship.
- To recognise the features of an exploitative relationship and know how and where to seek help in such situations
- To understand how to manage the end of an intimate relationship.

### **SPR 2**

- To clarify values and challenge the representation of drug and alcohol use in the media
- To understand the impact of drug taking on individuals and the wider community.
- To understand how drug use impairs a user's ability to make decisions and manage risk.

### **SUM 1**

- To gain an overview of the range of opportunities in work and to set goals for a work experience placement
- To prepare for a range of situations that may arise during work experience.
- To gain an overview of the rights people are entitled to, and their responsibilities, at work, including health and safety laws
- To evaluate the importance of maintaining a positive online reputation in relation to employment and work.

### **SUM 2**

- To recognise and explore the different types of families in the UK today
- To understand the responsibilities and implications of parenthood, identify parenting skills and their importance to family life
- To understand the options available following an unplanned pregnancy.