

Term	Theme	Key assessment	How you can support your child
Year 10 PSHE			
1 and 2	Mental health and well being <ul style="list-style-type: none"> • Recognising mental health issues • Where and when to get help 		Reading/watching the news and discussing ideas with your son or daughter enables them to fully comprehend many of the issues. PLEASE ENCOURAGE THEM TO READ – ANYTHING. This will enormously improve the quality of their written English.
3 and 4	Relationships and Sex Education <ul style="list-style-type: none"> • body image • gender identity • healthy relationships • ready for intimacy • contraception when contraception fails 		As always, please support your child by encouraging them to discuss what they have learned with you.
5 and 6	Careers and financial awareness <ul style="list-style-type: none"> • Preparing for work experience • Your rights and responsibilities as a worker • Work experience feedback and debrief – what's next? 		