



**St George's School**  
**PERSONAL, SOCIAL & HEALTH EDUCATION**  
**Year 10 Curriculum Map**

	Autumn Term	Spring Term	Summer Term
<b>THE BIG IDEAS &amp; KNOWLEDGE</b> <i>Overview of topics or key questions</i>	<b>Health and Wellbeing</b> Screen time Promoting emotional wellbeing Child abuse Mental illness Self-harm Suicide (thoughts and feelings)	<b>Relationships and Sex</b> Pleasure and delaying sexual activity Sexting and nudes Online porn - myth vs reality Porn and its impact on society Unhealthy relationships, sexual abuse and rape Sexualisation of the media	<b>Living in the wider world</b> Honour based violence Forced marriage and breast ironing Online gaming and gambling Social media validation Modern-day slavery Keeping your data safe Causes of knife crime
<b>SKILLS &amp; STRATEGIES</b> <i>Procedural knowledge, literacy and numeracy skills</i>	<ul style="list-style-type: none"> <li>Understand how our own behaviours could be affecting our mental wellbeing</li> <li>Recognise the signs of self-harm and suicide</li> <li>Analyse our own lifestyle and behaviours</li> </ul>	<ul style="list-style-type: none"> <li>Understand what our boundaries our and how we can protect them</li> <li>Recognise the impact of yours and others behaviours</li> <li>Evaluate how the media 'sells sex' and the impact of this</li> </ul>	<ul style="list-style-type: none"> <li>Understand the signs of honor based violence and forced marriage</li> <li>Recognise the risks of certain behaviours online</li> <li>Evaluate the different causes of knife crime and the impact of this on our own society</li> </ul>
<b>FEEDBACK</b>	Topic Self-Assessment	Topic Self-Assessment	Topic Self-Assessment
<b>BREADTH</b> <i>Opportunities, trips, wider reading, cultural capital</i>	Extensions: <a href="http://The Ollie Foundation.org">The Ollie Foundation.org</a>  <a href="http://Mind.org.uk - self-harm support">Mind.org.uk - self-harm support</a>	Extensions: <a href="https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-reporting/report-re-move/">https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-reporting/report-re-move/</a>  <a href="https://www.itv.com/watch/revenge-porn:-g-eorgia-vs-bear/10a2232">https://www.itv.com/watch/revenge-porn:-g-eorgia-vs-bear/10a2232</a>	Extensions: <a href="https://www.breckfoundation.org/ourstory">https://www.breckfoundation.org/ourstory</a>  <a href="https://www.antislavery.org/slavery-today/modern-s-lavery/">https://www.antislavery.org/slavery-today/modern-s-lavery/</a>
<b>KEY VOCABULARY</b> <i>Important words and phrases</i>	Emotional wellbeing Screen time Online Safety Self-Harm Suicide Behaviour	Sexual Activity Self-generated imagery Pornography Sexualisation Media	Violence Forced marriage validation Gambling Slavery Knife crime