



# PSHCE

Personal, Social, Health  
and Citizenship Education



YEAR

9



Year 10

**Living in the Wider World**  
Employability skills

Maths

- Relationships and sex education including: consent; contraception; risks of STIs and attitudes to pornography

- Employability and online presence
- Money management

**Relationships**  
Intimate relationships

Science – Biology

- Diet, exercise, lifestyle balance and healthy choices
- Teenage Cancer Trust

Science – Biology

- Families and parenting
- Healthy relationships
- Conflict resolution
- Relationship changes

**Health and Wellbeing**  
Healthy lifestyle

- Skills and qualities
- Career options and goal setting to help with GCSE process

**Relationships**  
Respectful relationships

**Living in the Wider World**  
Setting goals

Respect  
Open  
Confidential  
Kind

- Healthy and unhealthy friendships
- Assertiveness
- Substance misuse
- Gang exploitation

**Health and Wellbeing**  
Peer influence, substance  
use and gangs



YEAR

9

Journey  
begins ...



Develop the knowledge, skills and attributes needed to keep healthy and safe, and prepare for life and work in modern Britain.