YEAR 10 PSHE / WELLBEING / STUDY SKILLS CURRICULUM OVERVIEW 2025-26

	UDY SKILLS CURRICULUM OVERVIEW 2025-26								
Term	Autumn 1 (8 weeks)		Autumn 2 (7 weeks)		Spring 1 (6 weeks)		Spring 2	Summer 1	Summer 2
							(5 weeks)	(6 weeks)	(7 weeks)
Golden Threads	Respectful	Living in	Emotional	Families &	Careers & Your	Social Media	Keeping Safe & Healthy	Financial Choices	Managing Change & Transition
	Relationships	Modern Britain	Wellbeing	Parenting	Future				
Key Awareness Dates	September World Alzheimers Month		November Men's Mental Health Awareness		January 15 th Blue / Brew Monday		March 8 th International Women's Day	April Stress Awareness Month	June LGBT Pride Month
	1st Blood Cancer Awareness		Month		27th Holocaust Memorial Day		9-13 th Empathy Week	2 nd Autism Awareness Day	TBC Men's Health Week
	5 th International Day of Charity		5 th Stress Awareness Day				9-13 th Brain Awareness Week	24-30 th World Immunisation Week	
	10 th Suicide Prevention Day		19th International Men's Day		<u>February</u>		16 th No Selfies Day	28th Pay it forward day	
					5 th Time to Talk Day		16-22 nd Neurodiversity Celebration	30 th Stop Food Waste Day	
	<u>October</u>		<u>December</u>		2 nd Race Equality		Week	May	
	Black History Month		1 st World Aids Day		9-15 th Children's Mental Health		*TBC - National Careers week	Skin Cancer Awareness Month	
	5 th World Teacher Day		5 th International Volunteer Day		Awareness Week			National Walking Month	
	10 th World Mental Health Day		10 th International Animal Rights Day		20 th International Day of Happiness			Tbc Mental Health Awareness Week	
	 Study Skills – studying to succeed in Year 10 Mental Health Stigma Understanding the Teenage Brain Project (4 weeks) The Healthy Teenage Brain 		- Divorce, separation & loss			- Social Media & Personal - Equit		 Using information & 	- LGBT+ Rights
			 Adoption & Fostering 		Validation		 Tattoos, piercings & body 	advise to make financial	- Mental health stigma &
PSHE / WELLBEING / STUDY			- Forced marriage - Loneliness - Gaslighting & emotional abuse		- How will AI affect our future careers? - Rights & Responsibilities in the workplace		modifications	choices	the language we use
SKILLS							- The dangers of cybercrime	- Managing financial risk	- Importance of Sleep &
							& the Dark Web	- Insuring against risk	sleep hygiene
							- Nitrous oxide	- Minimising stress and	- Happiness & positivity
			- Social an	•		he most of work	- Homelessness	improving exam	- Gratefulness
				exploitative &	experien		- RSE Workshops (x 4)	performance	
			abusive r	elationships	- Misogyny	/ e & social media		- Gambling risks	
Key Resource Links	- What are Hate Crimes? E C Publishing								
Rey Resource Links	Mentally Healthy Schools								
	Oak National Academy								
	AQA Unit Awards								