



10<sup>th</sup> September 2025

Dear Year 10 Parent/Carer,

As part of the school's continued development of the RSHE programme across all year groups, we are committed to working in collaboration with parents and carers. We would therefore like to share with you details of the Year 10 programme which will be delivered in lessons this academic year.

The topics scheduled to be covered this year will be:

## **Autumn Term**

- Coping with new challenges
- Mental Health Illnesses
- Reframe negative thinking & recognise when to get help
- Recognising strengths in ourselves and others
- Suicidal thoughts and preventing negative coping strategies.
- The importance of sleep
- What is a healthy lifestyle?
- Managing our health: services and support
- Body image
- The benefits of gender equality
- Gender-based violence
- Positive male self-esteem & influencers
- Understanding pornography and its impact on society
- Successful relationships and delaying sexual activity
- Choosing and accessing the right contraception

## **Spring Term**

- Navigating social influence and pressure
- Peer-on-Peer Abuse
- Staying safe online: protecting your personal data
- Gambling
- Sharing Sexual Images
- Changing relationships & managing your feelings
- Relationships, abuse & rape
- Honour-based violence
- Sexuality and gender: coming out
- Health choices: blood, organ, and stem cell donation
- Aesthetic procedures

### **Summer Term**

- Planning and organising revision effectively
- British ID, Mutual Respect & Tolerance
- Hate Crime in the UK
- Managing Risk: unsafe & emergency situations
- Marriage & long-term commitments
- Parenting
- Cancer - Getting the facts and staying healthy
- Cancer - Self-checking
- Routes to pregnancy
- Fertility & pregnancy – outcomes

Please note that an overview of this information is also available in the Learning Ladders in the curriculum pages on our website. We may sometimes need to make slight changes to our Programme of Study during the academic year if we feel, for example, that a certain topic has become more urgent. We will however ensure that all pre-listed topics are covered.

Parents and carers have the right to see the resources that are used in their child's RSHE sessions. Should you wish to do so, these are currently stored in the Student Share area.

Some of these topics can be hard-hitting or resonate with individuals if there are sensitive or upsetting circumstances in the background. We would ask you to please contact the school either via your child's Director of Learning or form tutor if you feel we need to be made aware of anything so that we can provide any support that may be necessary.

Best wishes,

Dave Chapman,  
Lead for RSHE