

# 3D PSHE Coverage Matrix

## Key Stage 4

### Year 10

<b>Core 1 Unit 1 Healthy Body, Healthy Mind</b>	Lesson 1	Self-Confidence and Self-Esteem	<ul style="list-style-type: none"> <li>To be able to evaluate the extent to which your self-confidence and self-esteem are affected by the judgments of others and know how to manage this</li> <li>To be able to make effective use of constructive feedback and differentiate between helpful feedback and unhelpful criticism</li> </ul>
	Lesson 2	Keeping Healthy	<ul style="list-style-type: none"> <li>To be able to take increased responsibility for maintaining and monitoring their own health</li> </ul>
	Lesson 3	Managing Emotional / Mental Health	<ul style="list-style-type: none"> <li>To know how to use strategies for managing mental health including stress, anxiety and depression</li> <li>To introduce a broader range of strategies for promoting their own emotional wellbeing</li> <li>To recognise the characteristics of emotional and mental health and the causes, symptoms and treatments of some mental and emotional health disorders</li> </ul>
	Lesson 4	Managing Emotional / Mental Health - Celebrities	<ul style="list-style-type: none"> <li>To know how to use strategies for managing mental health including stress, anxiety and depression</li> <li>To introduce a broader range of strategies for promoting their own emotional wellbeing</li> <li>To recognise the characteristics of emotional and mental health and the causes, symptoms and treatments of some mental and emotional health disorders</li> </ul>
	Lesson 5	Coping Strategies - Self-Harm	<ul style="list-style-type: none"> <li>To recognise and manage the triggers (for themselves or their friends) for unhealthy coping strategies, such as self-harm</li> <li>To recognise when they or others need help, sources of help and strategies for accessing it</li> </ul>
	Lesson 6	Coping Strategies - Eating Disorders	<ul style="list-style-type: none"> <li>To recognise and manage the triggers (for themselves or their friends) for unhealthy coping strategies, such as eating disorders</li> <li>To recognise when they or others need help, sources of help and strategies for accessing it</li> </ul>
	Lesson 7	Reliable Sources of Information	<ul style="list-style-type: none"> <li>To identify, evaluate and independently access reliable sources of information, advice and support for all aspects of physical or mental health (including sexual health services)</li> </ul>



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<b>Core 1 Unit 2 Keeping Safe</b>	<b>Lesson 1</b>	<b>Personal Safety and Protection</b>	<ul style="list-style-type: none"> <li>To know about personal safety and protection, and how to reduce risk and minimise harm in different settings (including social settings, the workplace, the street, on roads and during travel)</li> </ul>
	<b>Lesson 2</b>	<b>Health and Safety Procedures</b>	<ul style="list-style-type: none"> <li>To recognise and follow health and safety procedures</li> </ul>
	<b>Lesson 3</b>	<b>Sharing Information and Data</b>	<ul style="list-style-type: none"> <li>To know how information and data is generated, collected, shared and used online</li> </ul>
<b>Core 1 Unit 3 Coping with Illness</b>	<b>Lesson 1</b>	<b>Feeling Unwell</b>	<ul style="list-style-type: none"> <li>To know what to do if you are feeling unwell</li> <li>To be aware of strategies to overcome worries about seeking help</li> <li>To be a confident user of the NHS</li> </ul>
	<b>Lesson 2</b>	<b>Emergency Help</b>	<ul style="list-style-type: none"> <li>To know how to find sources of emergency help and how to perform emergency first aid, including cardio-pulmonary resuscitation (CPR)</li> </ul>
	<b>Lesson 3</b>	<b>Preventing Disease</b>	<ul style="list-style-type: none"> <li>To know about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics</li> </ul>
<b>Core 2 Unit 1 Healthy Relationships</b>	<b>Lesson 1</b>	<b>Managing Emotions and Feelings</b>	<ul style="list-style-type: none"> <li>To know and be able to use strategies to manage strong emotions and feelings</li> </ul>



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<b>Core 2 Unit 1 Healthy Relationships cont.</b>	<b>Lesson 2</b>	<b>Positive Relationships</b>	<ul style="list-style-type: none"> <li>To know the characteristics and benefits of positive, strong, supportive, equal relationships</li> </ul>
	<b>Lesson 3</b>	<b>Marriage and Partnerships</b>	<ul style="list-style-type: none"> <li>To know that living together, marriage and civil partnerships are ways that people freely and without coercion, demonstrate their commitment to each other</li> </ul>
	<b>Lesson 4</b>	<b>Managing Change</b>	<ul style="list-style-type: none"> <li>To know ways to manage changes in personal relationships including the ending of relationships</li> </ul>
	<b>Lesson 3</b>	<b>Media Portrayal of Relationships</b>	<ul style="list-style-type: none"> <li>To know that the media portrayal of relationships may not reflect real life</li> </ul>
	<b>Lesson 4</b>	<b>Trustworthiness</b>	<ul style="list-style-type: none"> <li>To understand how to determine whether other children, adults or sources of information are trustworthy</li> </ul>
<b>Core 2 Unit 2 Gender and Sexuality</b>	<b>Lesson 1</b>	<b>Diverse Sexual Relationships</b>	<ul style="list-style-type: none"> <li>To recognise diversity in sexual attraction and developing sexuality, including sources of support and reassurance and how to access them</li> </ul>
	<b>Lesson 2</b>	<b>Sex in the Media</b>	<ul style="list-style-type: none"> <li>To understand the role of sex in the media and its impact on sexuality (including pornography and related sexual ethics such as consent, negotiation, boundaries, respect, gender norms, sexual 'norms', trust, communication, pleasure, orgasms, rights, empowerment, sexism and feminism)</li> </ul>



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<b>Core 2 Unit 2 Gender and Sexuality cont.</b>	<b>Lesson 3</b>	<b>Gender Double Standards and Victim-Blaming</b>	<ul style="list-style-type: none"> <li>To understand the pernicious influence of gender double standards and victim-blaming</li> </ul>
<b>Core 2 Unit 3 Contraception and Pregnancy</b>	<b>Lesson 1</b>	<b>Access and Use of Contraception</b>	<ul style="list-style-type: none"> <li>To know how to access and correctly use contraception (including emergency contraception), negotiating condom use, reinforcing and building on learning in Key Stage 3</li> </ul>
	<b>Lesson 2</b>	<b>Teenage Parenthood</b>	<ul style="list-style-type: none"> <li>To understand the consequences of unintended pregnancy and of teenage parenthood (in the context of learning about parenting skills and qualities and their importance to family life)</li> </ul>
	<b>Lesson 3</b>	<b>Unintended Pregnancy</b>	<ul style="list-style-type: none"> <li>To know the pathways available in the event of unintended pregnancy, the possible physical and emotional reactions and responses people may have to each option and who to talk to for accurate, impartial advice and support</li> </ul>
<b>Core 2 Unit 4 Changing Relationships</b>	<b>Lesson 1</b>	<b>Divorce, Separation and Bereavement</b>	<ul style="list-style-type: none"> <li>To know about the impact of separation, divorce and bereavement on families and the need to adapt to changing circumstances</li> </ul>
	<b>Lesson 2</b>	<b>Unhealthy and Abusive Relationships</b>	<ul style="list-style-type: none"> <li>To recognise when a relationship is unhealthy or abusive (including the unacceptability of both emotional and physical abuse or violence including 'honour' based violence, forced marriage and rape) and strategies to manage this or access support for self or others at risk</li> </ul>
	<b>Lesson 3</b>	<b>Domestic Abuse</b>	<ul style="list-style-type: none"> <li>To know about the impact of domestic abuse (including sources of help and support)</li> </ul>



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<b>Core 2 Unit 5 Getting Help</b>	<b>Lesson 1</b>	<b>Support Groups / Organisations</b>	<ul style="list-style-type: none"> <li>To be aware of the statutory and voluntary organisations that support relationships experiencing difficulties or in crisis, such as relationship breakdown, separation, divorce, or bereavement</li> <li>To know how to access such organisations and other sources of information, advice and support</li> </ul>
	<b>Lesson 2</b>	<b>Peer Support</b>	<ul style="list-style-type: none"> <li>To understand the role peers can play in supporting one another (including helping vulnerable friends to access reliable, accurate and appropriate support)</li> </ul>
<b>Core 3 Unit 1 Planning Ahead</b>	<b>Lesson 1</b>	<b>Self-Evaluation</b>	<ul style="list-style-type: none"> <li>To understand the consequences of unintended pregnancy and of teenage parenthood (in the context of learning about parenting skills and qualities and their importance to family life)</li> </ul>
	<b>Lesson 2</b>	<b>Future Employability</b>	<ul style="list-style-type: none"> <li>To recognise how their strengths, interests, skills and qualities are changing and how these relate to future employability</li> </ul>
<b>Core 3 Unit 2 Negative Attention</b>	<b>Lesson 1</b>	<b>Challenging Discrimination</b>	<ul style="list-style-type: none"> <li>To know about the unacceptability of all forms of discrimination and how to challenge it; prejudice and bigotry in the wider community including the workplace</li> </ul>
	<b>Lesson 2</b>	<b>Harassment</b>	<ul style="list-style-type: none"> <li>To know about harassment and how to manage this (including in the workplace); the legal consequences of harassment</li> </ul>
<b>Core 3 Unit 2 Negative Attention</b>	<b>Lesson 1</b>	<b>Social Media</b>	<ul style="list-style-type: none"> <li>To know about the impact of domestic abuse (including sources of help and support)</li> </ul>



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<b>Core 3 Unit 2 Negative Attention cont.</b>	<b>Lesson 2</b>	<b>Sharing Intimate Images</b>	<ul style="list-style-type: none"> <li>To understand the pernicious influence of gender double standards and victim-blaming</li> </ul>
<b>Core 3 Unit 4 Extremism and Radicalisation</b>	<b>Lesson 1</b>	<b>Extremism and Violence</b>	<ul style="list-style-type: none"> <li>To be able to think critically about extremism and intolerance in whatever forms they take (including religious, racist and political extremism, the concept of 'shame' and 'honour based' violence)</li> </ul>
	<b>Lesson 2</b>	<b>Dealing with Extremism</b>	<ul style="list-style-type: none"> <li>To be able to recognise the shared responsibility to protect the community from violent extremism and how to respond to anything that causes anxiety or concern</li> </ul>
	<b>Lesson 3</b>	<b>Cults</b>	<ul style="list-style-type: none"> <li>To know how to recognise a 'cult'; how it differs from other types of group; how cults recruit; how to seek help if they are worried for themselves or for others</li> </ul>
<b>Core 3 Unit 5 The World of Work</b>	<b>Lesson 1</b>	<b>Careers Advice and Guidance</b>	<ul style="list-style-type: none"> <li>To know about the information, advice and guidance available to them and how to access the most appropriate support</li> <li>To know about the range of opportunities available to them for career progression, including in education, training and employment</li> </ul>
	<b>Lesson 2</b>	<b>Employability Skills</b>	<ul style="list-style-type: none"> <li>To know how to further develop study and employability skills (including time management, self-organisation and presentation, project planning, team-working, networking and managing online presence)</li> </ul>
	<b>Lesson 3</b>	<b>Career Identity</b>	<ul style="list-style-type: none"> <li>To be able to develop their career identity, including how to maximise their chances when applying for education or employment opportunities</li> </ul>

**Total 40 Lessons**

