



Dronfield Henry Fanshawe School

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Success with Care

Headteacher: Mr M. J. Cooper

RBA/

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Dear Parent/Carer,

Re: Year 10 PSHE curriculum

We are writing to inform you about the lesson content for Y10 PSHE that your child will be taking part in this year. Below is an outline of the PSHE Big Ideas, and the lesson topics that will be covered within them over the course of the year. They are listed in sequential order to demonstrate when they will be presented to students, and how the topics build on each other and on the prior learning of students in PSHE at KS3.

Health and Wellbeing:

Self-esteem

Reframing negative thoughts

Dealing with change

Recognising mental ill health

Unhealthy coping strategies: self-harm

Media and body image

Relationships and Sex Education:

Healthy and unhealthy relationships

Types of relationships

Porn

Values and faith

Endings and grief

Online relationships

Harassment and assault

Sex under the influence

Sexual images

Life Beyond School:

Workplace discrimination

Types of careers

Financial decisions

Please be aware that there will be assessment lessons within this lesson sequencing, in order to evaluate student confidence with new content, with the aim of correcting errors or misconceptions that may arise.

There will also be three PSHE days scheduled throughout the year where students will come off timetable for the whole day to develop their knowledge of other key PSHE related issues. Information about the content of each of these days will come out separately, closer to the time.

PSHE lessons often cover sensitive subjects, and this may lead to your child asking questions at home. We take great care in the delivery of this content, and in our support networks at school, but please be aware that your child may come home with questions to discuss with you. The issues are raised and discussed in an appropriate manner for the year group involved and a network of support professionals will be available in school during and after.

We would also invite parents and carers to read information found on our website to support your discussions and provide further guidance from the appropriate external sources.

In the meantime, please contact me directly at rburgoyne@dhfs.uk with any queries that you may have.

Yours sincerely,



Rachael Burgoyne
Curriculum Leader for PSHE