



Year 10 PSHE overview 2025-26

Healthy coping strategies for dealing with anxiety and stress, including exam stress.

Sleep, screens and procrastination – how to be healthy in these areas.

Sexting and the law, including consent around sexual activity.

Toxic relationships and signs of an abusive relationship.

Violence against women and girls.

Drugs and the impact of drugs.

Alcohol misuse and binge drinking.

Study skills.

Grief and bereavement – emotional and practical coping strategies and responses.

Healthy and unhealthy lifestyles: heart disease.

Healthy and unhealthy lifestyles: vaping.

Online scams and what to do if you are scammed.

Extremism and radicalisation.

Upskirting and how laws are made.

Personal finance: borrowing.

Remember: if you would like more help and advice on the above, or anything else you can talk to your tutor, HOL, or another trusted adult in school.

There is no such thing as a stupid question. We want you to be informed, safe, and healthy, and empowered to make good decisions for yourself.