

Year 10 Pol-Ed Lessons

Curriculum Road Map

Strand one of the Pol-Ed curriculum in Year 10 strengthens pupils' ability to manage influence, set personal boundaries and recognise unhealthy or abusive behaviours. Through strand two, pupils develop practical safety skills, legal awareness and an understanding of their rights and responsibilities as they gain more independence. In strand three, pupils build confidence in managing their health and identity. Pupils develop skills of future planning by learning how to advocate for themselves and access support when needed.

1

What are my relationship values?

What is emotional abuse?

What is toxic culture?

What is incel culture?

How can I manage online relationships?

What is image-based sexual abuse?

How can I seek support if I'm worried about my behaviour in relationships?



2

How can we be street savvy?

What first aid is useful to know?

What are the risks of carrying a knife?

Why is fighting not the answer?

How is my data used?

What is extremism?

What is radicalisation?

How can we balance freedom with the law?

What are public order offences?

Is it OK to protest?

How can I get help when there are legal consequences?

3

How can we approach new situations?

How can I navigate health care services?

What are my wellbeing warning signs?

How can I demonstrate assertiveness?

How can I take responsibility for my health?

When might weight gain be unhealthy?

How can I manage my time effectively?

