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Dear Parent/Carer

Year 10 PSHCE Autumn Term Update

I would like to inform you of the topics your child will be learning in the Autumn Term in their PSHCE lessons.

PSHCE composes of three themes which are taught twice a year and are delivered under the topic names of:

1. **Health and Wellbeing:** Topic 1 - Healthy Body, Healthy Life; Topic 2 - Healthy Mind, Healthy Life
2. **Relationships:** Topic 1 - Life Relationships; Topic 2 - Family and Community Life
3. **Living in the Wider World:** Topic 1 - British Life; Topic 2 - My Future Life

In the first half term, Year 10 will be completing the topic in Life Relationships.

These lessons will include:

- What is body shaming, is it bullying and why do people do this?
- Different types of relationships and sexualities
- Consent, rape and sexual harassment – how can we establish clear boundaries?
- How can we manage break-ups amicably and get over a broken heart?
- Why is happiness and positivity so important to our health?

To support the sensitive and personal nature of this topic students will be taking part in a workshop run by 'Brook' on Thursday 14 October who will look into the dangers of online pornography and answer any questions that they may have.

In the second half term, Year 10 will be moving onto British Life.

This forms part of their Citizenship and British Values Education. During this topic, students will learn:

- How does our Criminal Justice System work?
- Internet Safety: How can we protect ourselves from fraudsters and scams?
- What is community cohesion and why is it important?
- What is multiculturalism and what do we gain from this?

What is globalisation and how does it impact our lives?
What is racism and right wing extremism and why is it wrong?

If you would like any further details about these topics, please contact me by email or telephone.

Yours faithfully

J Reynolds

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