



# St Benedict's Catholic School

*The Catholic Secondary School for West Suffolk*

## PSHE & Citizenship Curriculum Guide

### Year 10

#### Autumn Taught Content

- The comparison trap = Reflecting on the dangers of comparing yourself to others.
- Prayer = Reflecting on prayer.
- Coping with life = Learning about triggers for mental health issues and ways people may respond to them.
- Communicate well = Practicing your presenting skills.
- Drugs etc. = Knowing the dangers of using harmful substances.
- Extremism = Understanding the responsibility students have of protecting themselves and others from radicalisation.
- The murder that changed a nation = Knowing the importance of stopping all forms of racism.
- Being assertive = Knowing ways students can be assertive.

#### Spring Taught Content

- Political Britain = Knowing the main roles of Parliament and Government.
- Local, National and Global = Knowing how the UK is run at a local, regional and international level.
- Do we know the truth? = Learning about how to spot fake news and some of the regulations and freedoms on the Press.
- My salary = Understanding how to interpret a pay slip.
- Money and you = Learning about how you can use and protect your money.

#### Summer Taught Content

- Being a parent = Knowing the responsibilities associated with parenting.
- Talking cancer = Knowing more about cancer and some of its symptoms and effects.
- Addicted parents = Reflecting on the responsibilities of parenting and the dangers of taking harmful substances.

#### Assessment

At the end of each lesson students will complete a self-assessment activity to show how much they have learnt.

## Homework Expectations

No formal homework tasks will be set but students are always encouraged to continue their learning beyond each lesson e.g. by sharing what they have learnt with others and looking out for when related issues are in the news.

## Reading List

### Books:

**The Fault in our Stars**, *John Green*

**Junk**, *Melvin Burgess*

**Positively teenage, a positively brilliant guide to teenage wellbeing**, Nicola Morgan

**'Issues' titles** – Subscription available from the LRC

### Websites:

National news: [www.bbc.co.uk](http://www.bbc.co.uk)

Local news: [www.eadt.co.uk](http://www.eadt.co.uk)

Children's news: <https://www.bbc.co.uk/newsround>

## Extra and Super Curricular Opportunities

Students are encouraged to take part in the extra-curricular activities which are offered across the school. Students are made aware of specific PSHE & Citizenship opportunities as they arise e.g. to enter related competitions or take part in mock elections.