

Year 10 Autumn Term 1	In Tutor Time	Careers and Skills: Being Successful in Year 10 and 11	What strategies can we use to ensure success at school? What are our academic goals? What is Work Experience?
		Health Education: Challenging negative thinking	What are negative thinking patterns? What motivates us? What strategies are there for challenging negative thinking patterns?
		Health Education: Self Respect and Self Esteem	What do we mean by Self Respect and Self Esteem? How do Self Respect and Self Esteem influence our feelings?
		Health Education: Drug and Alcohol Risks	What are the risks associated with drugs and alcohol? How does the law classify illegal drugs?
	In SMSC	Health Education: Drug and Alcohol Decisions	What might influence our decisions about whether to take drugs or alcohol? What might be the consequences in law of taking illegal drugs? Why do people misuse prescription medication?
		Health Education: Misuse of Prescription Medication	What are the physical consequences of misusing prescription medications? What are the laws around misusing prescription medications?
		Health Education: Looking after our mental wellbeing	What are the differences between everyday uncomfortable feelings and overwhelming feelings? What supports can we use to help prevent us becoming overwhelmed?
		Health Education: Stigma and Mental Health	What might be the consequences of stigmatising mental health conditions? How can we challenge stigma around mental health?
		British Values and Citizenship: Understanding Democracy	What does democracy mean? Is every country a democracy? What is a representative democracy?