





# PSCHE Crucial Knowledge - Year 10

<p><b>SRE</b> (Sex and Relationship Education)</p> <p>Learning about relationships, the emotional, social and physical aspects of growing up, human sexuality and sexual health in an age-appropriate way, body ownership and keeping ourselves safe.</p>	<p><b>Citizenship</b></p> <p>Exploring what it means to be part of communities at different levels; Local, National and Global; the laws, rights and systems in place to help us.</p>	<p><b>Careers</b></p> <p>Outlining the choices we have, in terms of jobs in the future; the skills and pathways needed to reach them and our personal development.</p>	<p><b>Finance</b></p> <p>Activities associated with our spending choices, managing money, budgeting, banking, wages, debit/credit, markets and investments/saving.</p>
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<p><b>SRE</b></p> 	<ul style="list-style-type: none"> <li>• The Internet/Social Media can be misused by some to coerce others into taking part in unsuitable and illegal activity including sexual activity, sharing images and Radicalised behaviour (hate crime).</li> <li>• Engaging in Sexual activity, Alcohol and Drugs carries risks to Physical, Social and Mental Health.</li> <li>• You are in control of your body. Others need to respect this at all times. Your choices will have implications if you do not take precautions (e.g. teenage pregnancy)</li> <li>• Recognising issues like depression, stress and anxiety help greatly in developing a positive Mental Health.</li> <li>• Exercise has a positive effect on your general Social, Physical and Mental Health.</li> </ul>
<p><b>Citizenship</b></p> 	<ul style="list-style-type: none"> <li>• In the UK everyone is born equal and has Equal Opportunities.</li> <li>• Your Human Rights are protected by Law and Policies, including those who face it being abused such as Prejudice towards Ethnic groups, Modern Slavery and FGM (Female Genital Mutilation).</li> <li>• When Relations break down between groups/peoples too often Conflict is the response. Peace and Conflict Resolution is a better path to all our futures.</li> </ul>
<p><b>Careers</b></p> 	<ul style="list-style-type: none"> <li>• The job you want in the future has to be planned for and decisions made now can help you on the pathway.</li> <li>• Post-16 you have options such as College, Sixth Form and Apprenticeships.</li> <li>• Post-18 you can choose to enter fulltime work or further study towards your goal.</li> <li>• A CV (Curriculum Vitae) is a short document that lists who you are, your skills and background to prospective employers/project leaders.</li> </ul>
<p><b>Finance</b></p> 	<ul style="list-style-type: none"> <li>• A key benefit of working is being paid; from your wages, Tax, National Insurance and other deductions pay for services you access.</li> <li>• Understanding how Bank accounts are used to manage finances enable us to track and use our money effectively for the future.</li> <li>• Credit is your money available; Debit is the money that will be taken out of your finances. Borrowing/Lending must be planned carefully to avoid Financial Difficulties.</li> </ul>