

Langley Senior Year 10 PDE Programme

Your child will be taught PDE by a teacher who has been specially trained to deliver it. PDE is taught once per week in lessons of one hour. Themes we cover in PDE will also be enriched at the same time by the pastoral team in their assemblies and tutor time. We aim to provide a broad and rich curriculum, supporting your child's personal development in areas such as self-concept and identity, physical and mental health, study skills and careers and relationships and sex education. If you scan down the left-hand column in the table below, you can see what your child will be taught each term this year. We hope that by seeing what your child will learn this year, you will be able to support them at home.

A note about RSE (Relationships and Sex Education) in Year 10: RSE is a statutory requirement by the government and underpins our PDE curriculum at Langley Senior. Relationships education is broad and covers one's relationship with oneself and others, including intimate relationships. The Sex Education element covers the same content as that which appears in the statutory Science Curriculum for Key Stage 4, aiming to reinforce it, and give children the emotional skills they will need when experiencing puberty and developing sexuality. It is best practice to teach Sex education within the context of healthy, safe and lawful Relationships. **However, parents and guardians may withdraw their children from the Sex Education elements of the RSE curriculum at Langley School, provided that the elements they are withdrawn from are not the content covered in the statutory Science curriculum.** For example, students cannot be withdrawn from a lesson about sexual reproduction or puberty but can be withdrawn from portions of lessons that might refer to sexual pleasure, practices and sex lives. If and when discussion or questions about sexual pleasure, practices or sex lives arise, the RSE trained teacher would address them in an age-appropriate way. We would like parents and guardians to be aware that that this is likely to be safer than children trying to find answers to questions online, or via their peers, and that the details we deliver are determined by what we know Langley Year 10s encounter in their social and school lives. **If you scan down the table, you will see green text detailing the lessons where Sex Education is taught, and where withdrawal may be possible before three terms prior to your child's 16th birthday.** We are always happy to discuss our curriculum with parents and guardians, so please do be in touch should you require more information.

Please note that if you have withdrawn your child from elements of RSE, the school has a statutory responsibility to deliver this education no later than three terms before the child's 16th birthday (for most this means that at some point in Year 10 they will be taught all of their RSE).

Year 10	
Lesson	Learning Objectives
S.M.A.R.T Goals	Learning goal Analyse the S.M.A.R.T. formula to understand how to construct effective goals. Measures of success Define the elements of a S.M.A.R.T. goal and why they are effective. Evaluate different goals against the S.M.A.R.T. formula. Create an individual S.M.A.R.T. goal.
What's Holding You Back?	Learning goals To understand the attitudes and behaviours that hold people back from aiming high. Measures of success Identify attitudes that prevent people from aiming high. Recognise patterns in your own approach to challenges and opportunities. Describe strategies for building confidence and taking responsibility.
Self-Esteem and Respect	Learning goals To understand how self-esteem and respect influence our decisions and relationships. Measures of success Explain what self-esteem is and why it matters. Identify ways to build a positive relationship with myself. Recognise pressure in relationships and describe ways to respond.
Sleep, Exercise & Diet	Learning goals To establish how sleep, diet and exercise impact resilience and how to improve each. Measures of success Define the term resilience. Evaluate the ways their sleep, exercise and diet impact their resilience. Establish plans to improve their lifestyle habits.
Caring for Your Mental Health	Learning goals To identify how to care for our mental health and support others experiencing issues. Measures of success Identify the signs and symptoms of mental health issues. Recognise the importance of asking others how they're feeling. Determine how to engage in mental health conversations.
AI and Society	Learning goal To analyse the implications of artificial intelligence for society. Measures of Success Identify key benefits and challenges of AI in society. Analyse the implications of AI on different aspects of society. Demonstrating critical thinking and reasoning skills around AI.

Autumn
Term 1

Autumn Term 2	Understanding Democracy	Learning goals To understand the key features of a democracy, how they work together, and how individual people play a key role in maintaining democracy. Measures of success Identify the defining features of a democracy. Understand the current state of democracy and autocracy in the world. Recognise your influence on your democracy and how to get involved.
	Fake News & Misinformation	Learning goals To examine how fake news and misinformation can be dangerous for individuals and society. Measures of success Define fake news and its impact. Identify ways to counter fake news. Recognise the damage that fake news can have on individuals and society.
	Online Radicalisation	Lesson goal To understand what online radicalisation means and how it occurs. Measures of success To be able to define radicalisation. To recognise the conditions in which it occurs. To identify the relevance and importance of it as an issue.
	The Rule of Law	Learning goals To understand how the rule of law operates in society and the important role it plays in maintaining democracy and justice. Measures of success Describe what the rule of law is and how it operates. Recognise the role that the rule of law plays in a democratic society. Create your own rule of law for a new society.
	Inclusivity & Belonging	Lesson goals To understand the importance of inclusivity and belonging and identify strategies to improve this for myself and others. Measures of success Reflect on my feelings of being excluded from a group. Practice getting to know new people. Identify ways to become more inclusive and create a sense of belonging.
	Gender Biases	Learning goals To examine gender biases and the harm they cause both individuals and society. Measures of success Determine what biases are and why they occur. Examine gender biases that exist. Determine the harm gender biases cause.
	Understanding Vaccination & Immunisation	Learning goals Understand what a vaccine actually does inside our body, the impact it has on curing diseases, and how to combat misinformation. Measures of success Explain how vaccines work. Recognise the health benefits vaccines have brought to society. Critically evaluate misinformation and be able to find the truth about vaccines.
	Prescription Medication Misuse	Learning goal To identify the effects of prescription misuse and addiction. Measures of success Being able to identify the main prescription drugs. Understand what misuse of prescription drugs means. Know the effects of misuse and addiction.

Spring Term 1	Drugs	Lesson goal To identify the impact of drugs on our neurochemistry and their addictive qualities. Measures of success Recognise the key facts around the major recreational drugs. Identify the main reasons why people engage with drugs. Identify the neurochemical risks of drugs and addiction.
	Smoking and Your Health	Learning goals Identify the harms of smoking, how it impacts life quality and how to successfully quit. Measures of success Identify the major risks and harms of smoking. Understand the differences in quality of life between smokers and non-smokers. Be able to provide support for a friend trying to quit smoking.
	Self-Examination and Screening	Learning goal To recognise the importance of regular self-examination and screening for preventing health issues. Measures of Success Explain the benefits of regular self-examination and screening. Identify the impact early detection has on prognosis and treatment. Outline a basic schedule for regular health screenings and self-examinations.
	Recognising Signs of Coercive Control	Learning goals To identify elements of coercive control and controlling behaviour and determine ways to support victims. Measures of success Define the nine forms of coercive control. Identify the forms of coercive control in a video scenario. Determine ways to support victims of coercive control.
Spring Term 2	Sexting	Learning goals To recognise the differing perspectives around sexting and its associated risks. Measures of success Examine the data around sexting. Recognise the differing perspectives on sexting. Identify the risks associated with sexting.
	Different Kinds of Intimacy	Learning goals To understand the different elements of intimacy and identify the forms of intimacy that occur in relationships. Measures of success Recognise what intimacy looks like in different contexts. Identify what characterises an intimate relationship. Define consent, identify forms of sexual pressure, and describe strategies for responding to it respectfully.
	Understanding Sexual Consent	Learning goals To understand consent and how to communicate it effectively. Measures of success Identify personal boundaries and what you feel comfortable consenting to. Establishing different ways to ask for consent or communicate about sex. Provide advice to others on how to manage situations of consent.
	Contraceptive Considerations	Learning goal To identify the many considerations people need to make when selecting contraception that suits their needs. Measures of success Explain how different forms of contraception work. Compare contraceptive benefits and side effects. Identify ideal candidates for varying forms of contraception.

	Parenting for Today's World	Learning goals To understand the roles and responsibilities of parents and receive guidance on how to raise happy and confident children. Measures of success Identify aspects of good parenting practices. Evaluate parenting scenarios and select parenting strategies. Reflect on and identify parenting strategies for the future.
	Respecting Transgender Identities	Learning goals To empathise with the challenges presented to transgender people and how to show support and respect for them. Measures of success Identify challenges presented to transgender people. Recognise the impact a lack of empathy has on transgender people. Identify ways to be supportive and respectful of transgender people.
	The Distorted Reality of Pornography	Learning goals To recognise the underlying attitudes of pornography and the impact they can have on relationships and society. Measures of success Identify the differing perspectives on pornography. Recognise the underlying attitudes in pornography and how they can affect relationships. Identify where to go to learn healthy sexual behaviours.
Summer Term 1	The Hidden Scars of Knife Crime	Learning goal To learn the broader impact of knife crime on society. Measures of Success Identify the extent of knife crime as a societal problem. Recognise the reasons why people carry knives and its effects. Identify the impact of knife crime on individuals and communities.
	Female Genital Mutilation	Learning goals To define FGM, recognise the myths and health consequences surrounding it, and identify solutions to contribute to its eradication. Measures of success Define FGM, where it happens and identify the laws surrounding it. Identify the myths and health consequences of FGM. Identify strategies to combat FGM.
	Public Money	Learning goal To recognise how public money is raised, spent, and the role it plays in society. Measures of success Define public money and explain how it is raised. Distinguish between the public and private sectors. Define privatisation and analyse the benefits and risks of privatisation at a national level.
	Money and Decisions	Wellio is still planning this lesson about the relationship between money and career decisions. Watch this space.
	Credit and Debt	Learning goals To analyse credit and debt decisions and apply strategies for financial stability. Measures of success Define what credit is and identify the key factors that influence credit scores. Differentiate between manageable debt and financial difficulty. Develop practical strategies to manage or avoid debt.
	Your Pension, Your Future	Learning goals To identify what pensions are, why they matter, and how early action can benefit your financial future. Measures of success Explain what a pension is. Compare the benefits of saving in a pension. Identify the benefits of extra pension contributions.
Summer Term 2	The UK's Relationship to the World	Learning goal To recognise the structure of UK governance and the role of international organisations. Measures of success Describe the structure of UK local and regional government. Explain the role of key international bodies. Identify how international organisations impact global events.
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