

Ten: Ten Relationships and Sex Programme Parent Portal Details

Login: <https://www.tentenresources.co.uk/parent-portal/>
Username: opp-jfk-01 Password: rse-parent-purple

Year 10 PSHE

Where can I get help at school?

Your form tutor
Mrs Holton
Miss McHugh
Mrs Jevon (Pastoral Support Coordinator)
staysafe@jfk.herts.sch.uk
Any trusted adult

PSHE Contact details
Mrs Holton
kholton@jfk.herts.sch.uk
Instagram @jfk.pshe

Spring 1

Relationships and Sex
-- pregnancy and abortion
-- abusive relationships
- values

Spring 2

Physical Health
- personal safety
- knife
- crime/gangs/exploitation

Summer 2

Reviewing
- study skills
- What have I learnt this year to prepare me for Y11?

Whole School:
Black History Month
Autumn 1

Relationships

- Positive Communication
- Sexual Harrassment

Autumn 2

Whole School: Anti-Bullying Week

Mental Health

- Dealing with stress
- Managing Change

Summer 1

Living in the Wider World
- Work experience
- Finance

Useful websites

<https://barclayslifeskills.com/>
<https://natwest.mymoneysense.com/home/>
<https://www.youngminds.org.uk/>
<https://www.hertsmindnetwork.org/>
Vaping - <https://www.dsmfoundation.org.uk/>
Online safety - www.thinkuknow.org.uk