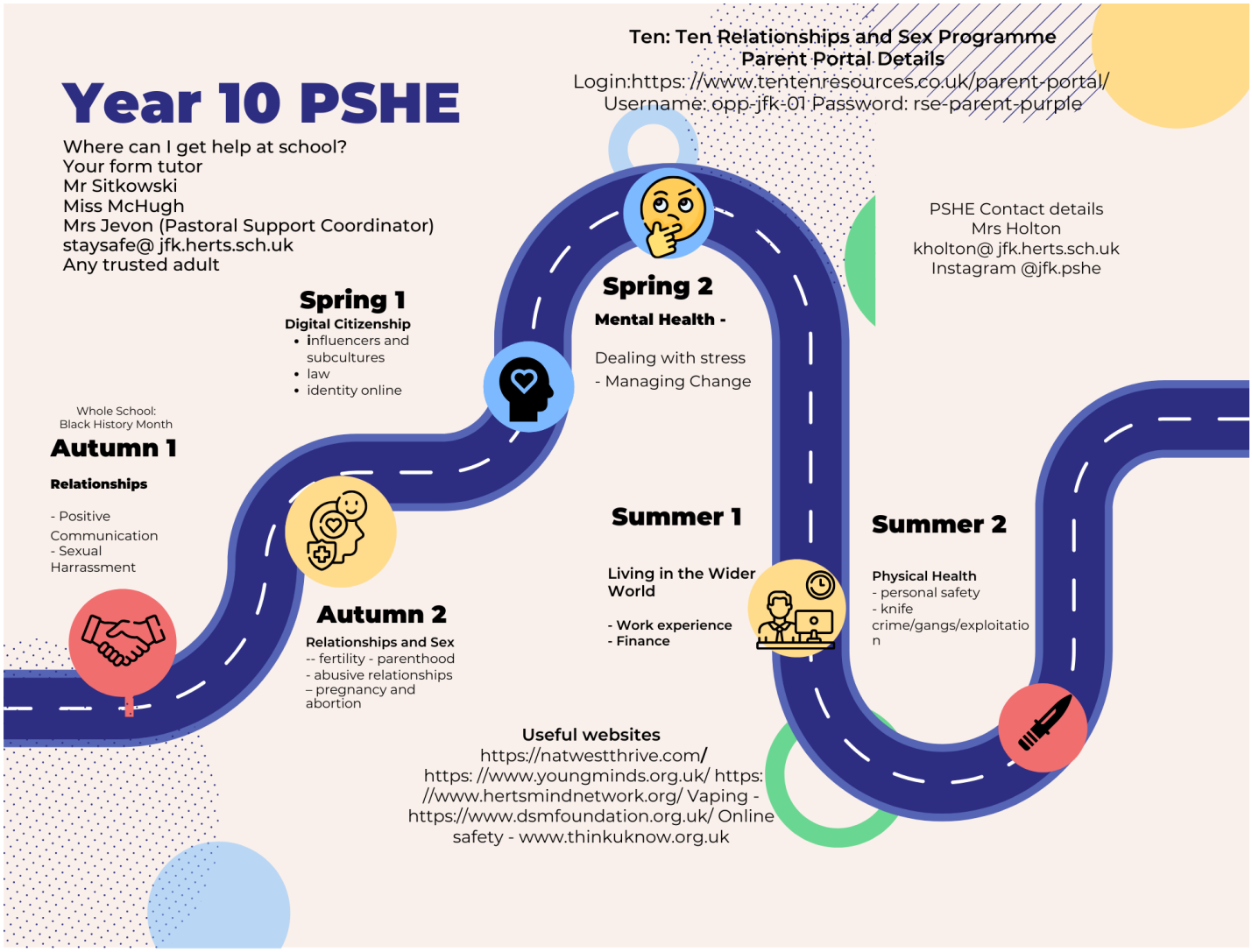

Year 10 PSHE
Where can I get help at school?
Your form tutor
Mr Sitkowski
Miss McHugh
Mrs Jevon (Pastoral Support Coordinator)
staysafe@ jfk.herts.sch.uk
Any trusted adult
Ten: Ten Relationships and Sex Programme
Parent Portal Details
Login:https: //www.tentenresources.co.uk/parent-portal/
Username: opp-jfk-01 Password: rse-parent-purple
PSHE Contact details
Mrs Holton
kholton@ jfk.herts.sch.uk
Instagram @jfk.pshe
Whole School:
Black History Month
Autumn 1
Relationships
- Positive Communication
- Sexual Harrassment
Autumn 2
Relationships and Sex
-- fertility - parenthood
- abusive relationships
– pregnancy and abortion
Spring 1
Digital Citizenship
• influencers and subcultures
• law
• identity online
Spring 2
Mental Health -
Dealing with stress
- Managing Change
Summer 1
Living in the Wider World
- Work experience
- Finance
Summer 2
Physical Health
- personal safety
- knife crime/gangs/exploitation
Useful websites
https://natwestthrive.com/
https: //www.youngminds.org.uk/ https: //www.hertsmindnetwork.org/ Vaping - https://www.dsmfoundation.org.uk/ Online safety - www.thinkuknow.org.uk