

PSHE in Year 10

Further Support

Mental Health

- Childline
- <https://www.childline.org.uk/info-advice/your-feelings/mental-health/>
- YoungMinds
- <https://youngminds.org.uk/find-help/feelings-and-symptoms/>
- Mind
- <https://www.youtube.com/user/MindWebteam>

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

YOUNGMINDS

 mind

Addictions and Pressure

- Alcohol
- <https://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/alcohol/>
- Illegal Drugs
- <https://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/>
- Pressure
- <https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/peer-pressure/>



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Citizenship

- Systems of Government
- <https://www.youtube.com/watch?app=desktop&v=LBFXD06fudM>
- The Law
- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/>

