

Year 10	Focus	Theme Title	Key Message	Content Covered
Theme 1	Religious Understanding	Authentic Freedom (wb 14/9) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-10/t-1/authentic-freedom/	Authentic freedom is found in making a loving gift of self according to God's plan for sex. Responsible choices shape the person we become, leading to deeper freedom.	Sex and chastity
Theme 2	Me, My Body, My Dignity	Self-Image (wb 28/9) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-10/t-2/self-image/	Our self-image is influenced by culture, media and comparison. Grounding our identity in dignity helps us resist pressure and grow in confidence.	Self-respect and body image
Theme 3	Wellbeing and Health	Beliefs, Values, Attitudes (wb 12/10) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-10/t-3/beliefs-values-attitudes/	Our beliefs shape our attitudes and behaviour. Reflecting critically on our values helps us act with integrity and develop character.	Developing conscience and character
Theme 4	Life Cycles	Parenthood (wb 2/11) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-10/t-4/parenthood/	Parenthood carries emotional, physical and lifelong responsibilities. Considering its demands helps us understand the importance of commitment and preparation.	Parenthood, rights and responsibilities
Theme 5	Personal Relationships	Pregnancy and Abortion (wb 16/11) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-10/t-5/pregnancy-and-abortion/	Pregnancy can raise complex emotional and ethical questions. Exploring support, responsibility and the value of life helps us respond with compassion and care.	Pregnancy and abortion
		Abuse (wb 30/11) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-10/t-6/abuse/	Abuse in relationships violates dignity and trust. It can take many forms, including emotional, physical and sexual harm; recognising warning signs helps keep us safe.	Abuse, healthy and unhealthy relationships
Theme 6	Online Awareness	Online Influences (wb 14/12) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-10/t-7/online-influences/	Online content shapes attitudes, relationships and behaviour. Learning to think critically helps us respond wisely to digital influence.	Online safety awareness
Theme 7	Living in the Wider World	Solidarity (4/1) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-10/t-8/solidarity/	Love calls us to build peace and live in solidarity with all of God's creation, especially the poor, marginalised and oppressed.	Catholic Social Teaching, solidarity

Theme 8	Safe and Well	Out in Public (wb 18/1) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-10/t-9/out-in-public/	Making wise decisions about how we act and treat others in public spaces is part of becoming a responsible young adult. Prudence helps protect dignity and safety.	Personal safety and relationships
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