

Year 10 PSHE Work Booklet



Name- _____

Tutor- _____

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Drugs

Drugs are substances that change the way the body and brain work. Some are legal (like caffeine or alcohol), while others are illegal and carry serious risks.

Classification of Drugs (UK Law)

- Class A: Most harmful (e.g. heroin, cocaine, LSD). Possession and dealing carry the heaviest penalties.
- Class B: Harmful but slightly less so (e.g. cannabis, amphetamines).
- Class C: Lower risk but still illegal (e.g. anabolic steroids, benzodiazepines).

Addiction

- Pleasure: Drugs can cause euphoria, making people want to take them again.
- Psychological Dependence: Cravings and mental urges to keep using.
- Physical Dependence: Withdrawal symptoms (pain, sickness, tremors) when stopping.

Types of Drugs

Stimulants (“uppers”)

- Speed up brain and body messages.
- Examples: caffeine, nicotine, cocaine, Adderall.
- Effects: more energy, alertness, confidence – but also anxiety, seizures, or even death at high doses.

Depressants

- Slow down the central nervous system.
- Examples: alcohol, benzodiazepines.
- Effects: relaxation at low doses, but risk of blackouts, coma, and death at higher doses.

Opioids

- Derived from opium poppy or synthetic versions.

- Examples: heroin, morphine, prescription painkillers.
- Effects: pain relief, relaxation – but can slow breathing and cause fatal overdose.

Psychedelics (Hallucinogens)

- Alter perception, mood, and thinking.
- Examples: LSD, magic mushrooms, mescaline.
- Effects: hallucinations, euphoria, distorted senses. Risks include “bad trips” and flashbacks.

Cannabinoids

- Substances related to cannabis plant.
- Examples: THC (psychoactive), CBD (less psychoactive).
- Effects: euphoria, relaxation, increased appetite. Long-term risks: memory issues, dependence, mental health problems.

Dissociatives

- Make users feel detached from body/environment.
- Examples: ketamine, PCP, nitrous oxide.
- Effects: floating sensation, hallucinations. Risks include bladder damage (ketamine) or nerve damage (nitrous oxide).

Empathogens

- Increase empathy, social connection.
- Example: MDMA (ecstasy).
- Effects: warmth, friendliness – but also dehydration, anxiety, depression during “come down.”

Risks of Mixing Drugs

Combining substances multiplies risks, increasing chance of overdose, unconsciousness, and long-term harm.

Plenary Questions

1. What are the three drug classes under UK law, and which carries the heaviest penalty?

2. Explain the difference between psychological and physical dependence.

3. Name one stimulant, one depressant, and one hallucinogen.

4. What is a “bad trip,” and which type of drug can cause it?

5. Why is mixing drugs especially dangerous?

6. What are some long-term effects of regular cannabis use?

Mental Health in focus: Strength in Speaking up

New key terms:

Learning outcomes:

1. Understand why men's mental health is a serious issue.
2. Recognise signs of poor mental health in yourself and others.
3. Build a personal toolkit of strategies and support networks.
4. Reflect on how stereotypes and stigma affect help-seeking behaviours.

Mental Health: how we think, feel, and cope with life. It affects how we handle stress, relate to others, and make choices. Just like physical health, everyone has mental health - and it can be good, struggling, or in need of support at different times.



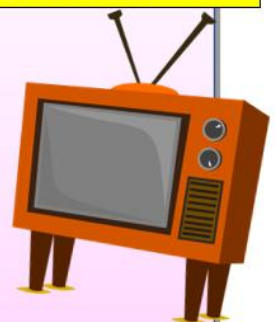
Men's Mental Health

<https://www.youtube.com/watch?v=RCE157guM3I>

Watch the video and answer these questions. We'll go through your answers together afterwards.

1. What is the main message of the video?
2. Why do you think so many men struggle to open up about how they're feeling?
3. What are some of the emotions or struggles the men in the video talk about?
4. How do family and friends describe the men they lost?
5. What impact does silence have when someone is struggling?
6. What can we do – as individuals or as a school – to help prevent male suicide?
7. Did anything in the video surprise or move you? Why?

Watch the clips and complete your questions in your booklet. We will then go through the answers together so you can fill in any you've missed.



Men's Mental Health - What You Need to Know

What is mental health?

Mental health is about how we think, feel, and cope with life.

Everyone has mental health, just like we all have physical health, and it can change from day to day.

Good mental health doesn't mean being happy all the time. It means being able to deal with the ups and downs of life.



Why focus on men?

Three out of four suicides in the UK are by men.

It's the leading cause of death for men under 50.

A lot of men struggle in silence, often because they feel pressure to act "strong" or to stay in control.

That's not weakness. That's a crisis.

So what's getting in the way?

Many boys grow up hearing things like "man up," "don't cry," "talking about your feelings is soft," or "you've just got to deal with it."

These messages don't make you tougher. They make it harder to get help, and that can be dangerous.



What does poor mental health look like?

It's not always obvious.

For some boys and men, it can show up as getting angry more easily, feeling constantly tired or numb, avoiding people or things you usually enjoy, or using things like alcohol, gaming or jokes to hide how you really feel.

Some start to think things like "no one would care if I disappeared."

If you feel like that, or notice it in a friend, it's time to talk. You are not alone.

What helps?

You don't need to have all the answers. But there are things that help.

Talk to someone you trust — a mate, a teacher, a parent, a coach.

Use apps or websites like YoungMinds, The Mix, or Calm.

Do something that helps you feel calm - music, sport, journalling, drawing, whatever works for you.

Get moving; exercise is one of the best things you can do for your mind.

Take breaks from things that stress you out, especially social media or toxic influences.

Check in on your mates, being there for someone else can help you too.

Real strength looks like this:

Asking for help when you need it.

Being kind to yourself, especially when things feel tough.

Looking out for other people.

Choosing respect over ego.

Admitting when you're not okay, and doing something about it.



Mental health struggles don't make you less of a man.

They make you human.

The bravest thing you can do is face it, talk about it, and take the first step.



Mental Health in focus: Strength in Speaking up

Signposting support:

Useful helplines and charities

[Young Minds](#). Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)

[Samaritans](#). Samaritans provide 24-hour online and phone support to people in distress. Call: 116 123

[SANE](#). National out-of hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

<https://mensadvice.org.uk/contact-us/> Men's advice and support site

<https://safeline.org.uk/mens-mental-health-a-silent-crisis/> Men's mental health site

[Mental Health Foundation](#). Information and support for anyone with mental health problems or learning disabilities.

My Mental Health Toolkit

Use this grid to reflect on your own mental health. Think honestly about each area and fill it in with what is true for you. This is private unless you choose to share it.

People I Can Talk To Who do you trust to talk to if you're feeling low or overwhelmed?	What Helps Me Feel Calm What activities or hobbies help you relax and feel better?
Signs I'm Not Doing Well How can you tell when your mental health might be struggling?	What I'll Do If I'm Struggling What will you do to take care of yourself when you're finding things hard?
Positive Messages to Myself What things could you say to yourself when you're feeling low?	Places I Feel Safe / Happy Where do you feel calm, secure or comfortable?

Masculinity in focus. What does it mean to be a great man?

Masculinity, qualities and attributes

What do we mean by the term 'masculinity'?

Masculinity is a set of behaviours, characteristics and attributes which are typically associated with what it means to be a man. However, many women may also have the qualities we are talking about today in abundance. **Masculinity does not equal male (but it usually does).**

The definition of masculinity varies according to different cultures, traditions, time periods, geographies, religions, and many other factors. The traits most commonly associated with masculinity in the modern western world include: physical strength, fearlessness, dominance, power, competitiveness, toughness and other related characteristics. Sometimes, high social/financial status, high levels of sex drive and sexual prowess are considered to form part of the wider image of masculinity.

So the idea of masculinity is just all made up by society?

This is where it gets tricky. If we are going to directly equate masculinity as the commonly derived traits of being a biological male, we have to look across many cultures which don't share the societal views we are used to in the modern west, to see what we all have in common. Are there traits which biological males across any culture tend to have in common? Yes, there are. Usually, males are larger than females. Usually, males have deeper voices than females. Usually males are stronger due to having denser muscle mass. Usually, males are more aggressive, due to higher levels of testosterone. But these are physical attributes, so the character qualities we derive from these will always also have an element of nurture (rather than purely nature). They will always have a level of societal influence (you're born physically that way, but immediately influenced in behaviour by the world around you).



Is masculinity positive?

So, assuming these physical qualities across nations are correct (and we are talking about males **generally and usually, not always** – there are so many outliers), then we can begin to extrapolate. Does being more naturally aggressive make you more competitive societally? If so, does being more competitive societally make you more likely to be competitive in the work environment? We've taken two leaps here – but possibly. Does this explain higher levels of male CEOs? It's ideas like this that researchers still ponder over today, with interesting proposals being made on both sides of the argument. Some psychologists argue males **are** naturally more competitive, due to higher levels of testosterone. So, does this put paid to the opposite idea, that there is an organised patriarchal oppression, stopping would-be female CEOs from climbing to the top of the

corporate ladder? This is just a piece of a much larger puzzle, which we'll explore more in gender equality topics – but let's get back to the idea of aggression (testosterone) at the physical level flowing into competitiveness at the societal level.

Nothing is wrong with being competitive. It can motivate you to work hard and achieve for yourself and your family. If we are allowing ourselves to equate masculinity with competitiveness, then yes, competitiveness is positive masculinity. The leaps we have just taken here can also be made with physical strength, toughness and fearlessness (from many men working in dangerous environments in mining and construction, to men going to war to protect their country or victims of war). These are all examples of positive masculinity.



It should go without saying that of course many women go to war and work in dangerous environments too. However, these are still much, much lower in numbers, even in 2025.

So does that mean masculinity is positive? No. Masculinity is neither positive or negative. For example, strength is neither positive or negative. You can use it to punch someone weaker than you or to carry a person out of a burning building. It's what you do with masculinity that counts.


Do straight women tend to like straight typically 'masculine' men?

This very much depends on the women. Straight women tend to love men with positive masculine characteristics. They tend to dislike men with negative masculine characteristics. Recent studies have shown that women like men who naturally have motivation and potential, rather than someone who has not worked to acquire the possible positive outcomes of those attributes themselves. What does that mean? It means women will be attracted to the man who has made their own money, worked hard to gain a great position (or is working to and hasn't yet), rather than the rich third generation guy who has inherited his money due to no work on his own part, or the guy who was given a good job by his mate. Why? Well not just because women tend to make their own money, so they want a man who can do the same, but also those qualities of drive and achievement are the attractive things (and this is often subconscious) NOT usually the money itself. However, there's nothing less classy than a show off and a flashy guy revving his engine with other girls hanging off his arm would be a massive turn off to any women wanting an actual relationship.


Choosing between a man with less money but more drive and ambition or a man with more money and less drive and ambition, women will usually go for the former. Physically? Women prefer men who smile.

Overall, a man's positively masculine personality, his confidence, his sense of doing the right thing, sticking up for the underdog, being competitive but not mean and being tough and working hard to achieve, are the things which will allow him to go far – with women (and with other men) and with life.

Case Study Name:	How does he display courage?	How does he display mastery?	How does he display strength?	How does he display honour?



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Signposting support:

Useful helplines and charities

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What are incels, 'alpha males' misogyny and the 'Manosphere'?

New key terms:

Learning outcomes:

Describe what we mean by harmful misogynistic attitudes and behaviours.

Explain how listening to self-proclaimed online 'experts' or negative and prejudicial forums can impact our lives for the worse.

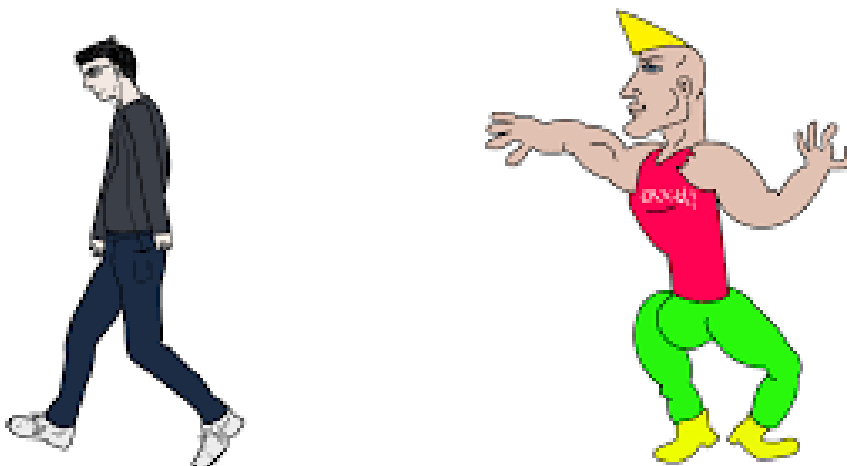
Manosphere: websites and blogs where men express opinions about issues concerning contemporary masculinity and male relationships with women, especially those associated with views that are hostile to feminism and women's rights.

Misogyny: dislike of, contempt for, or prejudice against women.

Incels: People who identify as involuntarily celibate (celibate not by choice).

What is the Manosphere?

The manosphere isn't a single, unified online group with one set of ideas. To understand it, we need to look back at the early days of internet culture, starting with a crudely drawn meme.



This meme typically depicts two male archetypes: the "beta" male—often characterised as introverted and less successful with women—and the "alpha" male, commonly referred to as "Chad." While the image was initially shared in an online forum as a joke, many people resonated with the concepts behind it. In this context, the manosphere suggests that "Chads" are the stereotypical males that all women desire—traditionally handsome, physically fit, and extroverted. Conversely, "beta" males are depicted as awkward, introverted, and less physically attractive.

While this sounds absurd—and it largely is—the fact that these ideas gained traction reveals a certain level of insecurity and anxiety among some men online. This sense of inadequacy, along with a desire for validation from women, created an opening for so-called "self-help gurus," like Andrew Tate, to offer advice on how men could succeed in relationships. However, their advice often revolves around superficial traits and toxic views on gender roles, rather than fostering healthy, fulfilling relationships.

Who Is Andrew Tate — And Why Should We Be Wary of Him?

Andrew Tate is one of the most well-known figures associated with this corner of the internet. A former kickboxer, Tate rose to fame online by offering advice to young men, especially those who felt confused or frustrated by their place in the world. But much of his advice is built on toxic foundations.

He has made a number of openly sexist and dangerous comments — including minimising the seriousness of sexual assault and dismissing mental illness as "not real." He argues that women should be judged on their appearance and sexual history, and that men should focus on wealth, power, and control. These ideas aren't just outdated — they're harmful. What makes Tate's message especially dangerous is that it often starts with something relatable: wanting to feel strong, respected, or confident. But instead of encouraging men to build emotional resilience, empathy, and healthy relationships, he pushes a version of masculinity based on domination and insecurity.

The truth is that Tate's version of manhood isn't strong at all. Real strength isn't about controlling others. It's about controlling yourself — your emotions, your choices, your values.

Are Men or Masculinity the Problem?

Not at all. The issue isn't masculinity itself — it's the *toxic version* of it that some online influencers promote.

Masculinity can include positive qualities like courage, protectiveness, loyalty, ambition and leadership. These are great qualities when they are grounded in kindness, respect, and emotional intelligence.

Toxic masculinity happens when these traits are pushed to the extreme — when boys are told they can never show emotion, that empathy makes them weak, or that dominance is more important than respect. This narrow definition of manhood leads to problems: loneliness, mental health struggles, anger, and broken relationships.

Being a man should never mean shutting off half your humanity. Strength and sensitivity can go hand in hand.

What Are Incels — And Why Is This Dangerous?

The term *incel* stands for "involuntary celibate." It describes people, often men, who feel they are being unfairly denied romantic or sexual relationships. Many incels blame women for this, arguing that women only go for "Chads" and ignore "nice guys."

This mindset is damaging. It can lead to bitterness, self-hate, and in extreme cases, even violence. Online influencers like Andrew Tate often target these young men, feeding their

frustration and encouraging them to see women as shallow or the enemy. This only increases isolation and resentment.

But the truth is, relationships are complex — and building one takes patience, emotional maturity, and genuine connection. There is no cheat code.

What Do Women Actually Want in Men?

Despite what you might hear online, most women aren't looking for someone with a six-pack, a sports car or a flashy lifestyle. Studies show that women are more likely to value qualities like:

- A good sense of humour
- Kindness and respect
- Emotional honesty
- Ambition and a desire to improve
- Loyalty and communication

Women are generally more drawn to men who are *real* — men who work on themselves, who care about others, and who show that they're emotionally aware.

So What Can We Do Instead?

If you're a young man trying to figure out your place in the world, here are some ways to build real confidence and strength — without falling into the trap of toxic online messages:

- **Focus on growth** — academically, physically, emotionally. Not perfection, just progress.
- **Learn to express your emotions** in healthy ways. Talk to friends. Ask for help. Don't bottle it up.
- **Build respectful friendships** with both guys and girls.
- **Challenge unhealthy ideas** when you hear them — including sexist jokes or casual put-downs.
- **Work hard** not just to get ahead, but to become someone others can trust and rely on.
- **Respect boundaries**, both your own and other people's.

Being a good man doesn't mean being perfect. It means being real, being decent, and doing your best — even when it's hard. That's strength. That's masculinity worth being proud of.

Task: '3, 2, 1' Reflection

3 things you learned about masculinity or the manosphere

- 1.
- 2.
- 3.

2 things that surprised you

- 1.
- 2.

1 thing you want to remember or apply

- 1.

An introduction to STIs and sexual health

Task One:

Watch the following clips and complete the questions on your answer sheet. Your teacher will then go through the answers.

<https://www.youtube.com/watch?v=Ec5gAUScVys>

<https://www.youtube.com/watch?v=qeMgN9NhUkA>

What does STI stand for?

How are these passed on?

What kind of changes in the body could indicate an STI?

How can you get your results?

What is the best way to stay safe against STIs?

Why don't many people realise they have an STI?

What should be people who are most at risk do?



An introduction to STIs and sexual health



Signposting support:

Useful helplines and charities:

[Childline](#). Support for people under 19 in the UK. Call: 0800 11 11

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[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

<https://www.themix.org.uk/sex-and-relationships> Relationships advice for young people

[NEW Young Persons Advice Guide - Let's Talk about It \(letstalkaboutit.nhs.uk\)](#) New young persons advice guide from the NHS

<https://www.brook.org.uk/topics/stis/> Further advice, real stories and local services finder



Condoms

Task One:

What exactly are condoms anyway – and how do they work to protect us against both STIs and unintended pregnancies?

Let's watch the clip carefully and go through our answers together afterwards. <https://www.youtube.com/watch?v=S86TH8CuFcw>

What are condoms made of and when do you put one on?

How do they protect you?

How can you be doubly protected?

What should you check for on condoms?

How much do they cost?



How and why do we correctly use condoms?



Open the condom packet carefully, ensuring you don't accidentally tear the condom.



Check that you have the condom the correct way round. It won't roll down if you have it inside out.



Pinch the tip of the condom and place at the top of the penis. This way, you are ensuring no air is trapped.



Roll the condom all the way down the penis, as far as it can go. Ensure you don't tear the condom with your nail.



After use, carefully pull the condom off. You can tie it up, then dispose of in a bin, not a toilet.



How and why do we correctly use condoms ?



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