

Year 10 curriculum mapping

To Future Me is designed to align with the Australian Curriculum: Health and Physical Education, specifically the Personal, social and community health strand. This curriculum map shows how each To Future Me topic connects to relevant content descriptions, helping teachers embed the program within existing Respectful Relationships and health education planning rather than treating it as an add-on. It can be used to support program selection, lesson planning, and reporting against curriculum outcomes.

F-10 Curriculum | Health and Physical Education – Year 10 (australiancurriculum.edu.au)

Content descriptions: Students learn to:	Section where this content is addressed:
AC9HP10P01 analyse factors that shape identities and evaluate how individuals influence the identities of others	Module 4 – Gender stereotypes and values
AC9HP8P02 analyse the impact of changes and transitions, and devise strategies to support themselves and others through these changes	Module 1 - Help seeking Module 4 –Gender and sexual identity
AC9HP10P02 refine, evaluate and adapt strategies for managing changes and transitions	Module 3 – Peer pressure
AC9HP10P03 investigate how gender equality and challenging assumptions about gender can prevent violence and abuse in relationships	Module 3 – Violence in relationships Module 4 Gender stereotypes

AC9HP10P04 evaluate the influence of respect, empathy, power and coercion on establishing and maintaining respectful relationships	Module 1 – Healthy and unhealthy relationships Module 2 Consent Module 3 – Peer pressure and violence/abuse in relationships Module 4 – Safe sex, pornography and boundaries
AC9HP10P05 propose strategies and actions individuals and groups can implement to challenge biases, stereotypes, prejudices and discrimination, and promote inclusion in their communities	Module 4 – Gender stereotypes
AC9HP10P06 evaluate emotional responses in different situations to refine strategies for managing emotions	Module 1 – Healthy and unhealthy relationships Module 3 – Peer pressure and violence/abuse in relationships
AC9HP10P07 examine how strategies, such as communicating choices, seeking, giving and denying consent, and expressing opinions and needs can support the development of respectful relationships, including sexual relationships	Module 2 – Consent Module 4 – Safe sex
AC9HP10P08 plan, rehearse and evaluate strategies for managing situations where their own or others' health, safety or wellbeing may be at risk	Module 1 – Healthy and unhealthy relationships Module 2 – Conflict Module 3 – Peer pressure and violence/abuse in relationships Module 4 – Safe sex and sexting
AC9HP10P09 critique health information, services and media messaging about relationships, lifestyle choices, health decisions and behaviours to evaluate their influence on individual attitudes and actions	Module 1 – Healthy and unhealthy relationships Module 4 – Pornography
AC9HP10P10 plan, justify and critique strategies to enhance their own and others' health, safety, relationships and wellbeing	Module 1 – Healthy and unhealthy relationships Module 2 – Consent, Conflict, Grooming Module 3 – Peer pressure and violence/abuse in relationships Module 4 – Self