PSHE

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Community High School

Year 9

Mental health and wellbeing		
Autumn 1	**Knowledge** • To know about the factors that affect wellbeing and learn about strategies to manage strong emotions • To know how to manage my own strong emotions • To know about helpful and unhelpful distractions and explain how these can affect the way someone feels. • To know how to manage distractions, including online. • To know about how disappointments and setbacks might affect someone. • To know how to use strategies to manage, and learn from, disappointments and setbacks. • To know about and be able to recognise unhealthy coping strategies • To know how to seek help and support for mental health concerns • To know about healthy coping strategies. • To know how to use healthy coping strategies to manage unpleasant or uncomfortable feelings, emotions and thoughts. • To learn about how influences can affect self-concept and self-expression. • To know how to evaluate the impact of different influences on decisions relating to body image in my own life.	**Key vocabulary** Wellbeing Internal influence External influence Coping strategies Body image

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Careers and future choices		
Autumn 2	**Knowledge** • To know ways in which personal values and interests can influence job and career choices. • To know how to assess my personal values and strengths and how this may influence my career choices • To know about work patterns, workplaces and what makes a positive working environment • To know how to use this information to make good career choices for myself in the future • To know ways that people can make decisions about KS4 options • To know how to manage feelings, emotions and pressures relating to key stage 4 options • To know about the network of support I have to make decisions about Year 9 options. • To know how to be positive, flexible and well prepared to make GCSE pathway choices • To know about the ways in which what people may share online could affect their career options in the future. • To know how to maintain a positive online reputation	**Key Vocabulary** Values Skills Industry Career Online reputation