PSHE

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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

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Drug education		
Spring 1	**Knowledge** • To know about the dangers and risks involved with vaping • To know how to use this knowledge of the risks to make healthy and informed decisions relating to vaping in my life. • To know about drugs and young people's attitudes and behaviours regarding drug use. • To know how to assess the reasons why young people might choose to use or not use drugs and use this to make decisions in my own life • To know about the potential legal consequences of using illegal drugs • To know how to make good choices regarding drug use and how to seek information or support • To know about the short and long-term effects of alcohol and cannabis use on individuals • To know how to identify and challenge misconceptions related to cannabis use and drinking alcohol • To learn about managing peer influence to take drugs and to learn about the support is available to people who are concerned about substance use and how to access it for themselves or others • To know how to manage peer and other influence in relation to substance use and know how to seek help and support	**Key vocabulary** Vaping Substance Dependency

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Managing risk in relation to the law		
Spring 2	**Knowledge** • To know the reasons why some people might get involved and the consequences of getting involved in serious and organised crime. • To know how to identify, manage and avoid the potential risks associated with involvement in serious and organised crime. • To know what causes cybercrime • To know how to demonstrate decision making and risk assessment skills in relation to cybercrime • To learn about the impact of cybercrime • To know how to use strategies to avoid or exit risky situations relating to cybercrime • To know what a hate crime is and how the law is applied differently to hate crimes • To know the impact of hate crime and how to seek help if concerned about hate crime	**Key Vocabulary** Organised crime Cybercrime Hate crime

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Intimate sexual relationships		
Summer 1	**Knowledge** • To know what consent means, both legally and ethically, and what it looks like in practice • To know how to recognise when a person is consenting and when they are not and to know how to seek the consent of another person • To know common assumptions related to consent • To know how to challenge assumptions related to consent. • To know the indicators of healthy and unhealthy relationships • To know how to safely form and maintain healthy relationships • To learn about sexual health and the potential consequences of sex. • To know how to access contraception, including emergency contraception and other sexual health services • To know about the feelings someone may experience when going through a break up and strategies they could use to manage these feelings. • To know how to manage the end of an intimate relationship.	**Key vocabulary** Assumption Abuse Consent Contraception Sexually transmitted infection Intimacy

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Navigating online harms		
Summer 2	**Knowledge** • To know what Pride is and how this relates to the Equality Act and the 9 protected characteristics in the UK. • To know how to celebrate and support diversity in our school and the wider community • To know about different risky behaviours online and how they can affect a person's reputation • To know how to handle pressure to share things online • To know what deepfakes are and why they are created and shared. • To know how to access help and support if I am worried about nude images or deepfake content. • To know the skills needed to seek help when encountering deep fake images online • To know how to respond to deepfake images encountered online, including challenging harmful attitudes and the skills to seek help. • To know about the harm misogynistic beliefs and attitudes can cause to women and girls, and to men and boys, and why these beliefs are inaccurate. • To know how to challenge misogynistic attitudes and beliefs • To know about the places that misogynistic ideas come from and why they spread • To know how to respond to and report misogynistic content.	**Key Vocabulary** Discrimination Prejudice Deepfakes Homophobia Misogyny