

PSHE Year 9 Curriculum Map

Term	I am learning	By the end of this topic I will be able to
Autumn	<p>Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness</p> <p>Respectful relationships Families and parenting, healthy relationships</p>	<p>Distinguish between healthy and unhealthy friendships</p> <p>Assess risk and manage influences, including online</p> <p>Understand 'group think' and how it affects behaviour</p> <p>Recognise passive, aggressive and assertive behaviour, and how to communicate assertively</p> <p>Identify different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering</p> <p>Deal with conflict and its causes in different contexts, e.g. with family and friends</p> <p>Develop conflict resolution strategies</p>
	<p>Setting goals Learning strengths, career options and goal setting</p> <p>Peer influence, substance use and gangs Substance misuse, and gang exploitation</p>	<p>Develop transferable skills, abilities and interests</p> <p>Demonstrate my learning strengths</p> <p>Identify different types of employment and career pathways</p> <p>Manage my feelings relating to future employment</p> <p>Know how to manage risk in relation to gangs</p> <p>Understand the legal and physical risks of carrying a knife</p> <p>Identify positive social norms in relation to drug and alcohol use</p> <p>Know about legal and health risks in relation to drug and alcohol use, including addiction and dependence</p>

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<p>Spring</p>	<p>Setting goals Learning strengths, career options and goal setting as part of the GCSE options process</p> <p>Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid</p>	<p>Work towards aspirations and set meaningful, realistic goals for the future</p> <p>Understand and make my GCSE and post-16 options</p> <p>Use skills for decision making</p> <p>Manage influences on body image</p> <p>Make independent health choices</p> <p>Take increased responsibility for physical health, including testicular self-examination support services</p>
	<p>Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs</p> <p>Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid</p>	<p>Know about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex</p> <p>Understand facts and misconceptions relating to consent</p> <p>Know about the continuous right to withdraw consent and capacity to consent</p> <p>Know about STIs, effective use of condoms and negotiating safer sex</p> <p>Link the relationship between physical and mental health</p> <p>Balancing work, leisure, exercise and sleep</p> <p>Make informed healthy eating choices</p>

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Summer	<p>Intimate relationships Relationships and sex education including consent, and attitudes to pornography</p>	<p>Discuss how the portrayal of relationships in the media and pornography might affect expectations</p> <p>Assess and manage risks of sending, sharing or passing on sexual images. Secure personal information online</p>
	<p>Employability skills Employability and online presence</p>	<p>Identify young people’s employment rights and responsibilities</p> <p>Demonstrate skills for enterprise and employability</p> <p>Give and act upon constructive feedback</p> <p>Develop habits and strategies to support progress</p>
	<p>Employability skills Employability and online presence</p>	<p>Manage my ‘personal brand’ online</p> <p>Identify and access support for concerns relating to life online</p>
	<p>Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes</p>	<p>Understand positive relationships in the home and ways to reduce homelessness amongst young people</p> <p>Develop conflict resolution strategies</p> <p>How to manage relationship and family changes, including relationship breakdown, separation and divorce</p> <p>How to access support</p>