

Theme/Unit	Year 9
<p>Life beyond school (Covers Gatsby Benchmarks and SMSC)</p> <p>Essential life skills</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I can explain how success comes from failure. <input type="checkbox"/> I understand how to turn problems into opportunities. <input type="checkbox"/> I am a resilient person at school, home and in the community. <input type="checkbox"/> I can explain what online stress is. <input type="checkbox"/> I understand the link between mental health and social media usage. <input type="checkbox"/> I know how to keep my online data safe. <input type="checkbox"/> I am confident in giving someone basic first aid. <input type="checkbox"/> I know how to perform CPR and put someone in the recovery position. <input type="checkbox"/> I understand how and when to use a defibrillator to save someone's life. <input type="checkbox"/> I can explain what happiness looks like for different people. <input type="checkbox"/> I can recognise my own emotions and how I'm feeling. <input type="checkbox"/> I have an opinion about whether happiness exists or not. <input type="checkbox"/> I understand the science behind being angry <input type="checkbox"/> I can recognise when I'm getting angry and what my triggers are. <input type="checkbox"/> I am able to deal with my anger in a positive way. <input type="checkbox"/> I understand how debt and borrowing money can impact on personal finance. <input type="checkbox"/> I am able to budget now and for the future. <input type="checkbox"/> I understand how income tax is calculated. <input type="checkbox"/> I understand the meanings of a wide range of financial key terms. <input type="checkbox"/> I can evaluate different ways of storing money. <input type="checkbox"/> I can explain the many advantages to having a bank account.
<p>Health and wellbeing (Covers statutory Health Education)</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I am confident at labelling the male reproductive system. <input type="checkbox"/> I know the make-up of a sperm cell. <input type="checkbox"/> I understand how testosterone impacts the body. <input type="checkbox"/> I know the difference between a vulva and a vagina. <input type="checkbox"/> I can label correctly all parts of the female reproductive system. <input type="checkbox"/> I can explain what cervical screening is <input type="checkbox"/> I know what HBT bullying is.

<p>Body confidence</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I can explain how schools and charities are helping to tackle HBT Bullying. <input type="checkbox"/> I understand the devastating impact HBT bullying has on society. <input type="checkbox"/> I can explain what grief is. <input type="checkbox"/> I understand the range of emotions people may feel when grieving. <input type="checkbox"/> I know what I could do to try and help support someone who is grieving. <input type="checkbox"/> I know how unrealistic the images I see in the media are. <input type="checkbox"/> I can describe what it means to be body positive and body neutral. <input type="checkbox"/> I can explain the link between airbrushing and photo editing and self-esteem. <input type="checkbox"/> I can identify the difference between high and low self-esteem. <input type="checkbox"/> I can explain how things influence someone's self-esteem. <input type="checkbox"/> I know a range of ways to manage my own self-esteem. <input type="checkbox"/> I make healthy choices in my lifestyle. <input type="checkbox"/> I understand some of the latest research on cancer prevention. <input type="checkbox"/> I can explain how diet, stress and life situations impact on physical health
<p>Relationships and sex education (Covers statutory Health Education and statutory Relationships and Sex Education)</p> <p>Sex, the law and consent</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I can identify and label all the external parts of the female sexual anatomy. <input type="checkbox"/> I understand the law regarding FGM in the UK. <input type="checkbox"/> I understand the dangers associated with FGM and know where to seek help and support. <input type="checkbox"/> I understand the requirements for consent. <input type="checkbox"/> I know the law in relation to consent, sexual assault and rape. I understand the vital importance of consent. <input type="checkbox"/> I can define the terms pleasure and masturbation and give examples of each. <input type="checkbox"/> I understand the benefits and risks associated with masturbation. <input type="checkbox"/> I understand and can evaluate the risks associated with different sexual activities. <input type="checkbox"/> I understand the benefits of delating sexual activity. <input type="checkbox"/> I understand the importance of being assertive with others. <input type="checkbox"/> I will stick up for myself in any future relationships. <input type="checkbox"/> I know a range of things to consider before engaging in sexual relations. <input type="checkbox"/> I can explain positive and negative reasons to have sex. <input type="checkbox"/> I understand the full range of consequences of making a relationship sexual. <input type="checkbox"/> I understand the main features that help to build a healthy relationship.

	<ul style="list-style-type: none"> <input type="checkbox"/> I know a range of non-physical characteristics to look for in a partner. <input type="checkbox"/> I am able to evaluate if a relationship is positive and healthy or not. <input type="checkbox"/> I am able to name at least 5 Sexually transmitted infections. <input type="checkbox"/> I understand the 2/3 main groups of STI s that exist. <input type="checkbox"/> I am able to describe some of the possible symptoms of having an STI.
<p>Staying safe online and offline (Covers statutory Health Education and statutory Relationships and Sex Education)</p> <p>Legal and illegal drugs</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I know what different types of drugs are. <input type="checkbox"/> I understand a range of things people can become addicted to. <input type="checkbox"/> I understand how experimenting with drugs can impact me and my family. <input type="checkbox"/> I understand the different forms cannabis comes in. <input type="checkbox"/> I know the legal status of cannabis. <input type="checkbox"/> I can evaluate the arguments for and against legalisation of cannabis. <input type="checkbox"/> I can explain the different legal classifications of drugs. <input type="checkbox"/> I can define and identify psychoactive substances. <input type="checkbox"/> I can identify different ways drugs can cause harm to society. <input type="checkbox"/> I can identify the risks associated with illegal 'party' drugs. <input type="checkbox"/> I understand how gangs profit from the illegal drugs market at the expense of young people <input type="checkbox"/> I understand why drugs can become so addictive for the users <input type="checkbox"/> I understand the risks associated with taking illegal drugs. <input type="checkbox"/> I can explain the negative impact drug abuse has on society. <input type="checkbox"/> I know where to source reliable and credible drugs information from. <input type="checkbox"/> I can define Volatile Substance Abuse. <input type="checkbox"/> I can explain the short and long-term effects of VSA. <input type="checkbox"/> I can identify why some things are more socially acceptable than others. <input type="checkbox"/> I can define an addiction. <input type="checkbox"/> I can name a wide range of things people can become addicted to. <input type="checkbox"/> I understand the problems linked to an addiction.

<p>Rights, responsibilities and British values (Covers British values and Citizenship)</p> <p>Combatting extremism and terrorism</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I know what a conspiracy theory is. <input type="checkbox"/> I understand what an extremist narrative is. <input type="checkbox"/> I understand why conspiracy theories are damaging to society. <input type="checkbox"/> I can define extremism and terrorism. <input type="checkbox"/> I understand the different types of extremism that exist. <input type="checkbox"/> I understand the difference between extremism and terrorism. <input type="checkbox"/> I understand what terrorism is and can give examples. <input type="checkbox"/> I can evaluate how terrorism makes me feel. <input type="checkbox"/> I know who to contact if I suspect someone is planning an act of terrorism. <input type="checkbox"/> I can define what being British means to me. <input type="checkbox"/> I understand a wide range of issues that impact young people in society. <input type="checkbox"/> I can explain why promoting British values helps to reduce extremism in the UK. <input type="checkbox"/> I can define radicalisation I understand the methods used by extremist groups to radicalise others. <input type="checkbox"/> I understand how to think critically in order to keep myself safe. <input type="checkbox"/> I know what counter terrorism is. <input type="checkbox"/> I know how to respond in a terrorist situation. <input type="checkbox"/> I can describe the Pygmalion effect. <input type="checkbox"/> I can define Zionism and Anti-Semitism. <input type="checkbox"/> I understand why Anti-Semitism has been in the news recently. <input type="checkbox"/> I can describe what a cohesive community looks like.
<p>Celebrating diversity and equality (Covers Citizenship and British values)</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I can name a wide range of STI's. <input type="checkbox"/> I understand the key symptoms and risks associated with different STI's. <input type="checkbox"/> I understand the important role GUM clinics perform and what to expect from one. <input type="checkbox"/> I can name a wide range of contraceptive methods. <input type="checkbox"/> I understand how at least five different types of contraceptives work. <input type="checkbox"/> I know where I can access further reliable information on this topic. <input type="checkbox"/> <input type="checkbox"/> I understand how to overcome obstacles to condom use. <input type="checkbox"/> I am able to explain all the steps to using a male condom.

**Contraception
and STIs**

- I can explain the different intended uses for flavoured and non-flavoured condoms.
- I understand the difference between Barrier and LARC methods of contraception.
- I can explain the symptoms of thrush in men and women.
- I understand the importance of contraception and can evaluate the effectiveness of different methods.
- I can define stalking and sexual harassment.
- I know how the law responds to stalking and harassment.
- I know the differences between flirting and sexual harassment.
- I can define HIV and AIDS and explain the difference.
- I understand the main ways HIV is transmitted from person to person.
- I can explain the vital importance of World Aids Day.
- I Know the history of HIV and AIDS.
- I understand the prejudice and discrimination HIV and AIDS sufferers face.
- I understand the recent medical advances in HIV treatment and prevention.