

# Year 9 PSHE Programme 2022-2023

Curriculum lessons

<b>Year 9</b>
<b>Relationships – RSE</b>
<b>Living in the wider world – Careers</b>
<b>Health and wellbeing – Drugs and Alcohol</b>
<b>Relationships and Sex Education – Consent, Contraception and Conception</b>
<b>Sexual Relationships – RSE</b>

### **BIG PICTURE**

In Year 9 the focus of PSHE is being healthy. This covers a broad range of factors. In PSHE lessons we will discuss mental health, lifestyle choices and the need for balance in our lives. We will also further explore healthy relationships. There will be specific focus on increasing exposure to risks such as drugs and alcohol use. In the spring and summer term we will cover sexual health, safe sex and consent (linked to healthy relationships).

CURRICULUM LINKS																	
SMSC:	SPIRITUAL					MORAL			SOCIAL			CULTURAL					
	1	2	3	4	5	1	2	3	1	2	3	1	2	3	4	5	6
BRITISH VALUES:	DEMOCRACY					RULE OF LAW			INDIVIDUAL LIBERTY			RESPECT AND TOLERANCE					
OTHER SUBJECTS:	PE, Science, RE, Computing, Food Technology																

YEAR 9: Relationships – RSE														
Lesson Number		Lesson Title	Outline Content									PSHE Association Links		
Block 1	1	Exploring relationships, marriage and parenting	<ul style="list-style-type: none"> <li>Describe the options available to people who wish to make a long term commitment</li> <li>Explain how a long term relationship can become legally binding</li> <li>Recognise the unacceptability of forced marriage</li> <li>Identify support for someone who may be at risk</li> </ul>											
	2	Parenting	<ul style="list-style-type: none"> <li>Describe the legal rights of people in different forms of long-term commitments</li> <li>Explain why people might choose to marry and why marriage must be freely entered into</li> <li>Analyses the different attitudes towards marriage</li> </ul>											
	3	Marriage	<ul style="list-style-type: none"> <li>Identify the roles and responsibilities of parents with respect to raising children</li> <li>Evaluate the characteristics of successful parenting</li> <li>Identify the specific challenges and responsibilities of parenting at different stages in a child's life</li> </ul>											

**YEAR 9: Living in the wider world – Careers**

Lesson Number		Lesson Title	Outline Content	PSHE Association Links		
Block 2	1	Showcasing personal strategies	<ul style="list-style-type: none"> <li>Identify risks and benefits to sharing material online that an employer, client or organisation may be able to see</li> <li>Describe strategies to showcase personal strengths online</li> <li>Explain how to create a positive first impression with potential employers or clients through social media</li> </ul>			
	2	Managing online reputation	<ul style="list-style-type: none"> <li>explain that what someone shares on social media how, may affect their employment opportunities in the future</li> <li>identify opportunities for cultivating careers online and associated challenges</li> <li>evaluate the benefits and challenges of maintaining a positive online presence</li> </ul>			
	3	Getting ready for your career and option choices (Unifrog lesson)	<ul style="list-style-type: none"> <li>Understand what factors are important when choosing options</li> <li>Understand all Level 3 options</li> </ul>			
	4	Apprenticeships	<ul style="list-style-type: none"> <li>To understand what apprenticeships are and their benefits</li> </ul>			

**YEAR 9 – Health and Wellbeing**

Lesson Number		Lesson Title	Outline Content	PSHE Association Links		
Block 3	1	Drugs and Alcohol – Exploring attitudes around drug use	<ul style="list-style-type: none"> <li>• What are drugs and why do people take them?</li> <li>• Difference between legal and illegal drugs.</li> <li>• Safe use of prescription medication.</li> </ul>	H23	H24	
	2	Drugs and Alcohol – The Law	<ul style="list-style-type: none"> <li>• What are the personal and social risks and consequences of drug use, what is the law relating to supply and use</li> </ul>	H27	H28	
	3	Drugs and Alcohol – Alcohol and Cannabis	<ul style="list-style-type: none"> <li>• What are the consequences of excessive alcohol and drug consumption?</li> <li>• Awareness how to deal with addiction and overuse</li> </ul>	H29		
	4	Drug and Alcohol use – smoking and Vaping	<ul style="list-style-type: none"> <li>• Assess the potential impact of influences and marketing on young people's behaviour related to vaping</li> <li>• Explain the consequences of vaping, including the environmental cost</li> <li>• Analyse ways to challenge influences and misconceptions about vaping</li> </ul>			
	5	Drugs and Alcohol – Managing risk <b>ASSESS</b>	<ul style="list-style-type: none"> <li>• <b>ASSESS How to manage personal safety and manage peer pressure around drug use</b></li> </ul>	H30	H31	R24

**NB: lessons need to be supplemented with the following workshops: Drugs awareness - YZUP**

**YEAR 9 – Sexual relationships RSE**

Lesson Number		Lesson Title	Outline Content	PSHE Association Links		
Block 4	1	Relationship abuse, power and control	<ul style="list-style-type: none"> <li>Understand and can explain what is meant by the term 'relationship abuse'.</li> <li>Understand and can identify the different types of abuse that can be present within relationships</li> <li>Have some ideas about how to get help with relationship abuse.</li> </ul>	R5		
	2	Consent	<ul style="list-style-type: none"> <li>Explain what is meant by 'consent', and what this means within healthy relationships</li> <li>Explain some consequences of not giving consent to sexual activity</li> <li>Describe how and where to access support and how to support a friend who may be experiencing abuse</li> </ul>	R23	R21	
	3	Sharing nudes and semi nudes	<ul style="list-style-type: none"> <li>Describe some of the risks in relation to sharing sexual images (sending 'nudes') explain the implications, including legal implications, of sending or forwarding sexual images</li> <li>Explain how and from where to get help if someone is being pressured to send or share inappropriate images</li> </ul>	R12	R25-R28	
	4	Sexual harassment	<ul style="list-style-type: none"> <li>Explain what sexual bullying is and suggest reasons why it occurs</li> <li>Explain and demonstrate techniques for challenging inappropriate sexual behaviour and explain why it is unacceptable</li> <li>Explain when and how to access support around sexual bullying for myself and others</li> </ul>	H35	R32	
	5	Online sexual harassment	<ul style="list-style-type: none"> <li>Define the term online sexual harassment</li> <li>Recognise examples of online sexual harassment Understand the emotional impact online sexual harassment can have on those involved</li> </ul>	H36	R33	
	6	To understand how online sexual harassment makes victims feel and how to support those who experience it.	<ul style="list-style-type: none"> <li>Recognise examples of victim-blaming in response to online sexual harassment</li> <li>Explore the gendered context in which online sexual harassment takes place</li> <li>Respond to incidences of online sexual harassment in a sympathetic, helpful and supportive manner</li> </ul>	R33	R34	
Block 5	1	Preventing STIs and STDs	<ul style="list-style-type: none"> <li>Know the signs and symptoms of STIs/STDs</li> <li>Know how to practise safe sex</li> <li>Know how to get help and support</li> </ul>			
	2	What is Child Sexual Exploitation (CSE)?	<ul style="list-style-type: none"> <li>To know the signs of CSE</li> <li>To recognise when to get help and support for themselves and others</li> <li>Know where to get help and support</li> </ul>			