

What will I learn in PSHE this year?

One 40 minute lesson per week.

YEAR 9

	Autumn Term 1	Autumn Term 2	Spring Term 3	Spring Term 4	Summer Term 5	Summer Term 6
	Healthy relationships with others & ourselves	Our health & personal safety	Achieving with good mental health	Preparing for the wider world: careers & enterprise	Preparing for the wider world: careers & finance	Rights & responsibilities
1	Eating disorders Body image and the media- focus on girls	Alcohol awareness What are the short and long-term consequences of excess alcohol drinking?	Behaviour to succeed Why do we need to keep to rules in order to succeed?	Self-discipline and goals How can we be self-disciplined to achieve our aims at school and in the wider world?	Debt How can I stay financially savvy and avoid debt?	Human rights: UNICEF How do charities like UNICEF help across the world?
2	Body image and the media Does the media contribute to eating disorders?	Drugs & the law Why do people take illegal drugs and what does the law say about drug use?	Human rights Why can't some people access education?	Workplace skills What other skills do we need to develop for the work environment?	Accounts, savings loans & financial institutions How can I successfully manage my money?	Human rights: Human trafficking What is modern day slavery? How can extreme views lead to human rights abuses and atrocities?
3	Child sexual exploitation How are children and young people lured into dangerous relationships and what do these look like?	Responsible health choices (1 of 2 lessons) Blood donation, stem cells, vaccinations	Interpersonal skills How can I develop interpersonal skills to help me succeed?	Enterprise What does it mean to be 'enterprising' and what is an enterprising personality?	Consumers & the law What rights do we have as shoppers and consumers?	Human rights: Foreign Aid Should we sent aid to foreign countries – is aid the answer?
4	Healthy & unhealthy relationships What are domestic	Responsible health choices (2 of 2 lessons)	Discrimination & equality act 2010 How are we protected	Business & entrepreneurs What can we learn	Employability Skills Preparing for and applying to the world	Sustainability What is sustainability and why is this

	violence and abusive relationships?	Blood donation, stem cells, vaccinations	from prejudice and discrimination?	from successful business people and entrepreneurs?	of work and careers	essential to our environment?
5	Peer pressure What is peer-pressure – why is it so powerful and how can we overcome this?	Acid attacks Why are acid attacks on the increase and what can we do if we witness one?	Growth mindset How can we foster a growth mindset to succeed and achieve?			British law How does the law deal with young offenders?
6	British Communities Why are British communities so diverse? Immigration and diversity focus.	Self harming What is self-harm and why do people do this?	Coping with stress How can we manage the stress of school and exams?			Knife crime How does knife crime impact on our communities? Why do teens get involved and what are the consequences?
7	British values: Identity Can we respect and celebrate British values and the religion and culture of our choice?		Managing anxiety How can I deal with and manage anxiety?			
8	Diversity: LGBT+ Who are the LGBT+ community and what would they like us to know?		Selfie safety Why do people become selfie obsessed and what consequences can this have?			