



PSHE Curriculum – Year 9

<u>PSHE Area</u>	<u>Topic</u>	<u>Weeks</u>	<u>Description</u>	<u>Accreditation</u>
Relationships, Sex and Health Education	Healthy Positive Relationships	1	The signs of a healthy relationship. The benefits of a healthy relationship	
	Boundaries and Consent	2-3	How to recognise authentic, enthusiastic consent	
		4		ASDAN Booklet. ASDAN Short Course PSHE. Module 7 (Respectful Relationships) Section A. Tasks 2,3,4,5.
Relationships, Sex and Health Education	Harmful Relationship Behaviours	5	To recognise coercive and controlling behaviours online, including harassment and stalking; to manage the risks of technology being used to facilitate harassment and stalking; how to seek appropriate support and report concerns.	
	Reproductive Health and Fertility	6	The menstrual cycle, including periods, varies over time and	

			between individuals; how to recognise regular and irregular patterns, menstrual health concerns or symptoms, including premenstrual syndrome (PMS), heavy bleeding, polycystic ovary syndrome (PCOS), endometriosis; how to advocate for themselves with healthcare professionals.	
	Sex Education	7	Where to find medically accurate information about contraception; how to choose and access appropriate contraception, including emergency contraception. The skills to discuss contraception use with a partner, and when necessary, assert their right to insist on its use. To be a critical consumer of sexual health information; how to identify and counter misinformation and disinformation in relation to sexual health advice and treatment.	

		8	CLOSING THE GAP ACTIVITIES	
HALF TERM				
		9		ASDAN Booklet. ASDAN Short Course PSHE Module 6 (Sexual Health) Module 6 Tasks 1,2,3,4
	Inclusion, Bullying and Discrimination	10	The Equality Act and how this applies in different contexts, including schools, workplaces, public spaces and online. That a tolerant community requires building mutual respect and understanding for others' beliefs, perspectives and cultures.	
		11	How online content, including the more extreme expression of views and curated, fake and idealised profiles, can present a distorted picture of people and the world; the influence of extreme views on people's attitudes, beliefs and behaviours, and the shared responsibility to challenge extreme viewpoints that incite violence or hate.	

		12	Revenge Porn	
Relationships, Sex and Health Education	Online Life	13	How social media can affect mental health. Realise that not everything online is factual including how people represent themselves and their looks.	
		14	Evidence of the harm caused by pornography; how the portrayal of sex in pornography misrepresents sexual intimacy and can influence sexual attitudes, expectations, behaviours, consent and feelings around body acceptance and autonomy, or can create a sense of sexual entitlement over others' bodies.	
		15	CLOSING THE GAP ACTIVITIES	
HALF TERM				
	Mental Health and Wellbeing	16-17	How mental health and wellbeing can change throughout life, including the impact of changes, opportunities and challenges on wellbeing. Strategies for building connectedness with others,	

			including making the most of opportunities for community participation and volunteering, and the importance of doing so for happiness and wellbeing.	
		18		ASDAN Booklet. ASDAN Short Course Citizenship. Module 2 (Community and Volunteering) Section A Tasks 4,5,6,7
Relationships, Sex and Health Education	Healthy Lifestyles	19	How physical activity and time outdoors can support mental health and wellbeing, including boosting mood. To make informed choices about physical activity, including the consequences of an inactive lifestyle, such as cardiovascular ill-health.	
		20	The impact of sleep on brain function and wellbeing, including the consequences of poor quality or lack of sleep; how to make informed choices regarding sleep, and develop sleep hygiene strategies.	

		21	CLOSING THE GAP ACTIVITIES	
HALF TERM				
	Keeping Well, Health Services and First Aid	22-23	How and why to maintain and monitor health independently; about the prevalence, symptoms and treatments of serious health conditions and the importance of regular self-examination and cancer screening. Breast and Testicular.	
		24		AQA Credit 108893 Understanding Breast Cancer (Summary Sheet. Tick when content covered and understood. Students don't need completed work). AQA Credit 108405 Understanding Testicular Cancer. (Summary Sheet. Tick when content covered and understood. Students don't need completed work).
		25	To assess and manage risks associated with cosmetic and aesthetic procedures,	

			including tattooing, piercings, fillers and the use of sunbeds.	
		26	CLOSING THE GAP ACTIVITIES	
HALF TERM				
Relationships, Sex and Health Education	Drug Education	27	The risks associated with the misuse of prescribed and over-the-counter medicines and how to recognise signs that something is wrong. The consequences of illegal substance use and misuse for the mental and physical health and wellbeing of individuals, their family and wider society.	
	Personal Safety, Risk and Influence	28	Ways to identify risk and manage personal safety in new environments, social settings and workplaces, e.g. taking trips, going to festivals, or travelling abroad without an adult.	
Relationships, Sex and Health Education		29-30	Personal safety strategies when online, out with friends, meeting new people or dating, including identifying potentially dangerous	

			situations and trusting instincts if something doesn't feel right.	
		31		AQA Credit 113107 Online Safety
		32	CLOSING THE GAP ACTIVITIES	
HALF TERM				
Economic Wellbeing		33	How personal values and attitudes can affect financial decisions. Social and moral dilemmas relating to spending.	
Careers Education: Aspirations, Learning and Work		34	How strengths, interests, skills, qualities and aspirations can change and develop; how this might relate to future career choices and employability, acknowledging that they may go on to have work roles that do not yet exist, due to societal, environmental and technological changes.	
		35-36	How careers can impact, and be impacted by, the natural environment, community and society, politics and the economy. The nature of the labour market, including the	

			impact of AI and other influences; local, national and international employment opportunities.	
		37-38	Different employment sectors and types, and changing patterns of employment, including hybrid or home working, zero hours contracts and the gig economy.	
		39	CLOSING THE GAP ACTIVITIES	