

Year 9	Autumn term						
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
	What is PSHE? Students will explore what PSHE and RSE is. Students will understand the importance of learning these topics in order to make them a fully rounded adult.	Black History Month Students will explore the importance of Black History and why it is celebrated. Students will undergo case studies of famous faces that have impacted societal change on racism and have achieved great things.	Physical and mental wellbeing Students will be able to define physical and mental well-being. Students will understand their interconnection, and identify strategies to promote and maintain good physical and mental health.	Healthy and unhealthy friendships Students will understand and identify the difference between healthy and unhealthy friendships. Students will develop skills in how to cope and respond appropriately to friendship breakdowns.	Gangs and knife crime Students will learn why young people join gangs, the dangers of being part of a gang and the consequences. Students will understand the definitions of coercion, county lines and grooming. Students will analyse case studies to understand the severity of gangs.	Drugs and alcohol Students will be exploring the differences between legal and illegal drugs. Students will understand stimulants, depressants and their effects. Students will discover the effect of drugs in the communities.	
Spring term							
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
	Managing online presence and social media Students will learn about their digital footprint, the affects it can have and how to manage it. Students will develop their understanding of social media pressure and how they can create a positive space online.	GCSE options Students will weigh out their options for GCSE courses. Students will consider what they would like to do in the future and how their choices could impact that now.	Change, loss and bereavement Students will discuss how loss and change impacts them and their mental health. Students will discuss coping strategies and understand where they can go for help.	Financial decisions, saving and borrowing Students will look at bank accounts, saving methods and the affects of borrowing money and how it impacts your credit score. Students will discuss what things they may need to save for.	Gambling, financial choices and debt Students will understand how gambling becomes an addiction. Students will analyse case studies of how gambling has impacted peoples lives. Students will understand what debt is, how people come into it and ways to try and avoid it or manage it.		
	Summer term						
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
	Consent Students will recap their knowledge of consent and discuss how it can affect people mentally and physically. Students will look at real life cases and understand the legal implications.	Relationships and sex in the media Students will explore how relationships and sex are portrayed in the media and how this can affect people. Students will learn how to navigate influences from the media and understand the difference between reality and manufactured.	STI's Students will understand what STI's are, how they are spread, how they can be prevented and how you can seek help for treatment. Students will also gain understanding of legal implications of knowingly spreading STI's without consulting your partners.	Contraception Students will relearn contraception and the importance of it. Students will understand the different reasons for contraception and explore the different types that can be used.	Cancer awareness Students will learn about how they can check themselves for cancer and learn about the ways they can get help.	First aid Students will explore different types of first aid, what they need to do in emergency situations and how they can get help.	Revision methods Students will explore different revision methods that will work best for them. Students will create a revision timetable, prepping them for year 10.