

PSHE Year 9

		Respectful relationships Identity and relationships	Emotional wellbeing Drugs and Alcohol	Intimate relationships	Developing skills and aspirations	Peer influence, substance use and gangs.	Digital Literacy
Learning outcomes/composite knowledge: Pupils will be able to...		Understand about families and parenting, healthy relationships, conflict resolution, and Relationship changes. Understand gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception.	Understand what mental health and emotional wellbeing are including body image and coping strategies. Understand alcohol and drug misuse and pressures relating to drug use	Understand relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Understand careers, teamwork and enterprise skills, and raising aspirations Understand Mutual Respect & Individual Liberty	Understand alcohol and drug misuse and pressures relating to drug use. Understand healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Understand online safety, digital literacy, media reliability, and gambling hooks.
Knowledge Components	I know what	I know about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering. I know about positive relationships in the home and ways to reduce homelessness amongst young people. I know what conflict is and its causes in different contexts, e.g. with family and friends. I know what conflict is and conflict resolution strategies. I know what gender identity and sexual orientation are. I know what the law is in relation to consent.	I know what unhealthy coping strategies (e.g., self-harm and eating disorders) are. I know what healthy coping strategies are. I know what medicinal and recreational drugs are. I know what the effects of over-consumption of energy drinks has. I know what habit and dependence means.	I know what readiness for sexual activity means, the choice to delay sex, or enjoy intimacy without sex I know the facts and misconceptions relating to consent I know what the continuous right to withdraw consent and capacity to consent. I know what STIs are, and the effective use of condoms negotiate safer sex. I know what the consequences of unprotected sex are including pregnancy.	I know what transferable skills are. I know what aspirations are. I know what mutual respect is. I know what individual liberty is.	I know what medicinal and recreational drugs are. I know what 'group think' is and how it affects behaviour. I know what passive; aggressive and assertive behaviour means. I know what the legal and physical risks of carrying a knife are. I know what the legal and health risks are in relation to drug and alcohol use, including addiction and dependence.	I know what online communication is. I know what gambling is. I know what exploitation is. I know what age restrictions are when accessing different forms of media. I know what public and private content means.

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		<p>I know what the risks of 'sexting' are.</p> <p>I know what basic forms of contraception, e.g. condom and pill are,</p>					
	I know how	<p>I know how to manage relationship and family changes, including relationship breakdown, separation and divorce.</p> <p>I know how to demonstrate positive behaviours in healthy relationships.</p> <p>I know how to communicate about consent in relationships</p> <p>I know how to manage requests or pressure to send an image.</p>	<p>I know how to challenge misconceptions and stigma.</p> <p>I know how to manage emotions.</p> <p>I know how to develop digital resilience.</p> <p>I know how to use over the counter and prescription medication safely.</p> <p>I know how to assess the risks of alcohol, tobacco, nicotine and e-cigs.</p>	<p>I know how the portrayal of relationships in the media and pornography might affect expectations.</p> <p>I know how to assess and manage risks of sending, sharing or passing on sexual images.</p> <p>I know how to secure personal information online.</p>	<p>I know how to demonstrate strengths.</p> <p>I know how to manage feelings relating to future employment.</p> <p>I know how to work towards aspirations and set meaningful, realistic goals for the future.</p>	<p>I know how to use over the counter and prescription medications safely.</p> <p>I know how to assess the risks of alcohol, tobacco, nicotine and e cigarettes.</p> <p>I know how to manage influences in relation to substance use</p> <p>I know how to distinguish between healthy and unhealthy friendships</p> <p>I know how to assess risk and manage influences, including online</p> <p>I know how to manage risk in relation to gangs</p>	<p>I know how to use social networking sites safely.</p> <p>I know how to recognise online grooming in different forms, e.g., in relation to sexual or financial exploitation, extremism and radicalisation.</p> <p>I know how to respond and seek support in cases of online grooming.</p> <p>I know how to recognise biased or misleading information online.</p> <p>I know how to critically assess different media sources.</p> <p>I know how to protect financial security online.</p> <p>I know how to assess and manage risks in relation to gambling and chance-based transactions.</p>
National Curriculum reference	<ul style="list-style-type: none"> Relationship education in primary schools relationship and sex education in secondary schools health education in state funded primary and secondary schools 						

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Exemplar Composite Task(s)	Low stakes quizzing on key vocabulary e.g. consent/sexual orientation and gender.	Examples of healthy and unhealthy coping strategies worksheet.	Completed case study: pupils respond to scenario with advice and legal requirements.	Written CV demonstrating transferable skills section. Scenario based questions related to individual liberty.	Completed assessment on key knowledge.	Low stakes quizzing on core knowledge of this unit.