

Year 9	Topic	What Students Learn
Autumn 1 & 2  Health & Wellbeing  <b>PSHE</b>	<b>Peer influence, substance use, and gangs</b>  Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	<ul style="list-style-type: none"> <li>• How to distinguish between healthy and unhealthy friendships</li> <li>• How to assess risk and manage influences, including online</li> <li>• About 'group think' and how it affects behaviour</li> <li>• How to recognise passive, aggressive, and assertive behaviour, and how to communicate assertively</li> <li>• How to manage risk in relation to gangs</li> <li>• The legal and physical risks of carrying a knife</li> <li>• About positive social norms in relation to drug and alcohol use</li> <li>• Legal and health risks in relation to drug and alcohol use, including addiction and dependence</li> </ul>
Spring 1  Relationships  <b>RSE</b>	<b>Respectful relationships</b>  Families and parenting, healthy relationships, conflict resolution, and relationship changes	<ul style="list-style-type: none"> <li>• Different types of families and parenting, including single parents, same sex parents, blended families, adoption, and fostering</li> <li>• About positive relationships in the home and ways to reduce homelessness amongst young people</li> <li>• About conflict and its causes in different contexts, e.g. with family and friends</li> <li>• Conflict resolution strategies</li> <li>• How to manage relationship and family changes, including relationship breakdown, separation, and divorce</li> <li>• How to access support services</li> </ul>
Spring 2  Health & wellbeing  <b>PSHE</b>	<b>Healthy lifestyle</b>  Diet, exercise, lifestyle balance and healthy choices, and first aid	<ul style="list-style-type: none"> <li>• About the relationship between physical and mental health</li> <li>• Balancing work, leisure, exercise, and sleep</li> <li>• How to make informed healthy eating choices</li> <li>• How to manage influences on body image</li> <li>• How to make independent health choices</li> <li>• How to take increased responsibility for physical health, including testicular self-examination</li> </ul>
Summer 1 & 2  Relationships  <b>RSE</b>	<b>Intimate relationships</b>  Relationships and sex education (including consent, contraception, the risks of STIs, and attitudes to pornography)	<ul style="list-style-type: none"> <li>• About readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex</li> <li>• Facts and misconceptions relating to consent</li> <li>• About the continuous right to withdraw consent and capacity to consent</li> <li>• About STIs, effective use of condoms, and negotiating safer sex</li> <li>• Consequences of unprotected sex, including pregnancy</li> <li>• How the portrayal of relationships in the media and pornography might affect expectations</li> <li>• How to assess and manage risks of sending, sharing or passing on sexual images</li> <li>• How to secure personal information online</li> </ul>