

Year 9 – PSHE Programme of Study

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Unit 1: Health and Wellbeing</p> <p>Enquiry question: What issues arise with harmful behaviours (online and offline)?</p> <p>Key content covered:</p> <ul style="list-style-type: none"> • What is addiction? • Alcohol and drugs: What are the laws? What are the risks and dangers? • Basic first aid training. • Online safety – how can I identify and protect myself from harmful behaviour online? • What positive and negative impacts can the internet/devices have on us? • What constitutes a healthy lifestyle? <i>Including issues around food, dental hygiene, exercise, and mental wellbeing.</i> 		<p>Unit 2: Relationships and Sex Education.</p> <p>Enquiry question: What will happen as my relationships become more adult?</p> <p>Key content covered:</p> <ul style="list-style-type: none"> • What is consent? • What are some different types of relationships? • Sending of explicit images: what are the laws and dangers? • Sexual health: what do I need to know about contraception and STIs? <p>Careers (GCSE options): What subjects might I want to take next year? (Collapsed day)</p>		<p>Unit 3: Living in the Wider World.</p> <p>Enquiry question: Who makes the rules?</p> <p>Key content covered:</p> <ul style="list-style-type: none"> • What is the role of the local and national government? • What is the role of the monarchy? • How are laws made? • Why is voting important? • What happens when the law is broken? 	