

Year 9 Relationships Sex and Health Education (RSHE)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Curriculum Content (Links to PSHE Association Specification)	<p>Wellbeing Attitudes to Mental Health – stigma, misunderstandings and societal pressures.</p> <p>Mental Wellbeing – how to care for your general wellbeing and of those around you.</p> <p>Kindness – the importance of kindness, acts of kindness in school.</p> <p>Movember – prostate and testicular cancer, male suicide – whole school fundraising ideas / competition.</p> <p>H2, H5, H6, H7, H8, H9, H10</p>	<p>Peer influence, substance use and gangs</p> <p>Healthy and unhealthy friendships – understanding the difference</p> <p>Assertiveness & group think – peer pressure and how to respond.</p> <p>Substance misuse, and gang exploitation</p> <p>Drugs & Alcohol related emergencies – how to stay safe and help someone in danger</p> <p>Vaping, Cannabis and smoking – the risks and consequences</p> <p>Knife Crime – links to Mikes Trust</p> <p>County Lines – an understanding of the key individuals and the dangers to young people</p> <p>External Visitors – Police – Gangs / County Lines</p> <p>H19, H20, H21, H23, R1, R9, R20, R35, R36, R37, R38,</p>	<p>School Wellbeing Project Complete a creative piece of work based on a previously taught topic</p> <p>Respectful relationships</p> <p>Readiness for sexual activity – the pros of waiting for sex.</p> <p>Consent – having a clear understanding of the law and the requirements of consent – myths and misconceptions.</p> <p>Contraception – the different types, pros and cons and how to access them.</p> <p>External Visitors – Brook (Sexual Health Charity)</p> <p>H2, R1, R5, R6, R19, R21, R22, R23, R35, R36</p>	<p>Respectful relationships</p> <p>Contraception & STI's</p> <p>Sexting – the laws on sexting, including revenge porn.</p> <p>Sexual Harassment and Violence – being able to identify harassment and knowing how to respond. The laws on coercion, manipulation and violence and knowing how to seek help.</p> <p>External Visitors – Brook</p> <p>R5, R7, R3, R16, R17, R23, R28, R29</p>	<p>Respectful Relationships</p> <p>Rights, trust and values – identifying what you value in a relationship</p> <p>Unhealthy Relationships – what this could look like and the impact it can have.</p> <p>Attitudes to pornography – the impact of pornography on young people and relationships.</p> <p>R5, R7, R8, R11, R12, R18, R28, R29, R30, R31, R32, R34</p>	<p>Healthy lifestyle</p> <p>Mental Health – different types of mental health concerns and how to access help / help those around you.</p> <p>Diet, exercise, lifestyle balance and healthy choices – the positive impact of a healthy lifestyle on mental health.</p> <p>Body image – the unrealistic images of social media</p> <p>First Aid – helping those in need with basic first aid skills (link to DofE)</p> <p>H3, H14, H16, H17, H18, H19, H21</p>
Key questions	<p>How do I identify, express and manage my emotions?</p> <p>How do I reflect on my experiences and the experiences of others?</p> <p>Where do I go for support and access a range of support / help services?</p>	<p>How do I distinguish between healthy and unhealthy friendships?</p> <p>How do I assess risk and manage influences, including online?</p>	<p>How do I access support services?</p> <p>What do I know about STIs, effective use of condoms and negotiating safer sex?</p>	<p>How do I access reliable and accurate advice and support with relationships?</p> <p>How do I recognise an unhealthy relationship?</p> <p>What is the law relating to abuse, control and exploitation?</p>	<p>Does the portrayal of relationships in the media and pornography affect expectations?</p> <p>How do I assess and manage risks of sending, sharing or passing on sexual images?</p>	<p>What is the relationship between physical and mental health?</p> <p>How do I make informed healthy eating choices?</p>
Skills	<p>Caring for their emotional and physical well being</p> <p>Taking increased responsibility for physical health, including testicular self-examination</p>	<p>How to make good decisions in relation to outside pressures.</p>	<p>How to stay protected and safe in physical relationships.</p>	<p>Knowing what healthy relationships look like and how to access support if needed.</p>	<p>Being able to reflect on the consequences before making poor decisions online, or in relationships.</p>	<p>Taking increased responsibility for physical and mental health by making good choices</p>
Assessments		Pupil Assessment 1		Pupil Assessment 2		Pupil Assessment 3
NEA						
Homework	<p>My RSHE – Completion of RSHE Safe Sheet 1</p> <p>Movember competition entry</p>		RSHE Safe Sheet 2		RSHE Safe Sheet 3	Diversity Week Competitions