

*Year 9 PSHE/RE*

Curriculum



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## **Introduction**

The Year 9 RSE/PSHE curriculum will build on skills acquired in Years 7 and 8 and is designed to help students develop the knowledge and skills necessary for a fulfilling and responsible adulthood. Students will explore a variety of topics, including sexual health, relationships, mental health, and social justice, with a focus on developing critical thinking and decision-making skills.

### *Aims:*

- To consolidate students' understanding of personal, social, and emotional development.
- To equip students with the knowledge, skills, and understanding to make informed decisions about their health and well-being.
- To help students develop healthy relationships and manage their emotions effectively.
- To foster students' understanding of the world around them and their role in society.

### *Curriculum Content:*

#### *1. Term 1: Healthy Relationships*

- Healthy communication and conflict resolution: Develop advanced communication and conflict resolution skills, such as active listening, empathy, and negotiation.
- Domestic violence and abuse: Understand the signs and symptoms of domestic violence and abuse. Learn about the resources available to victims of domestic violence.
- Sexting and online safety: Explore the risks and dangers of sexting and other online activities. Learn how to protect yourself online and report inappropriate content.



## *2. Term 2: Sexual Health and Well-being*

- Contraception and pregnancy prevention: Explore different methods of contraception in more detail, including their effectiveness, risks, and benefits.
- STIs and HIV/AIDS: Learn about the different types of STIs and HIV/AIDS, their causes, symptoms, and prevention.
- Body image and self-esteem: Explore the impact of media and societal expectations on body image. Develop strategies for promoting positive body image and self-esteem.

## *3. Term 3: Citizenship and Social Responsibility*

- Understanding citizenship and social responsibility: Explore the concept of citizenship and the responsibilities of citizens in a democratic society.
- Global issues and sustainability: Learn about global issues, such as climate change, poverty, and inequality. Understand the role of individuals and communities in addressing these issues.
- Volunteering and community service: Explore the benefits of volunteering and community service. Learn about different volunteering opportunities and how to get involved.
- Careers and future planning: Develop advanced career planning skills, including researching career options, writing resumes, and interviewing.

### *Learning Objectives:*

By the end of Year 9, students will be able to:

- Understand the importance of healthy relationships and communication.
- Make informed decisions about their sexual health and well-being.
- Manage their emotions effectively and cope with stress.
- Understand the concept of citizenship and social responsibility.
- Challenge stereotypes and discrimination.
- Make informed decisions about their future.



## *Assessment:*

- Students will be assessed through a variety of methods, including:
- Group discussions
- Role-plays
- Written assignments
- Presentations
- Self-assessments

## *Resources*

- Age-appropriate books and resources
- Guest speakers
- Online resources
- Videos and films

## *Evaluation and Review*

The curriculum will be reviewed annually to ensure its effectiveness. Feedback from students, teachers, and parents will be considered in the review process.

Updated August 2024

Next review: August 2025