



YEAR 9 LEARNING JOURNEY INFORMATION

PSHE

How can I resist negative influences and make positive choices?



Autumn Term 1

We will learn about the pressures and influences that can affect decision-making. We will explore topics including peer pressure, gangs, knife crime, substance misuse and harmful online ideologies while developing strategies to make positive and informed choices

How can I develop confidence in who I am?



Autumn Term 2

We will learn about self-esteem, body image and wellbeing. We will explore social media pressures, appearance ideals, eating disorders and resilience, developing confidence and a positive sense of identity.

What skills do I need for my future career?



Spring Term 1

We will learn about employability skills, career pathways and future opportunities. We will explore qualifications, options choices, labour market information and post-16 routes while beginning to plan for our future careers.

How can I make safe and responsible decisions in intimate relationships?



Spring Term 2

We will learn about consent, communication and sexual health. We will explore contraception, pregnancy, sexually transmitted infections and the importance of making informed and responsible decisions in relationships.

How can I take responsibility for my physical health?



Summer Term 1

We will learn how lifestyle choices can influence long-term health. We will explore nutrition, sleep, physical activity, alcohol, smoking and first aid, developing the knowledge needed to look after ourselves effectively.

What does a respectful and safe relationship look like?



Summer Term 2

We will learn about healthy relationships and family life. We will explore commitment, parenting, conflict resolution, domestic abuse, forced marriage and honour-based abuse, helping us understand what respect and safety look like in relationships.