



| PSHE | Year 9/10 |
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| Term | Curriculum Outline |
| Autumn 1 | <p><u>Peer mentoring</u></p> <ul style="list-style-type: none"> • Role and responsibilities of mentor • Confidentiality, responsibility, case studies <p><u>Mental Health and Emotional well being</u></p> <ul style="list-style-type: none"> • Anxieties moving into KS4 and how to overcome them/support • Resilience – response to failure • Depression and anxiety - Self harm and Eating disorders • Mindfulness |
| Autumn 2 | <p><u>Drug Education/Anti-social behaviour</u></p> <ul style="list-style-type: none"> • Drug classification, drugs and the law • Drug abuse – overdose, psychological and social effects • Risk and support: Using a young person’s drug and alcohol service • Anti-social behaviour – identification and types • Causes and effects of anti-social behaviour • How can we tackle anti-social behaviour |
| Spring 1 | <p><u>Sex and relationships Education</u></p> <ul style="list-style-type: none"> • Exploring motivations for having sex for the first time • Exploring other peoples’ experience of sexual relationships • Exploring one night stands • Sexual health • Contraception • Teenage pregnancy |
| Spring 2 | <p><u>Life skills through horticulture</u></p> <ul style="list-style-type: none"> • Following rules and safety procedures • Identifying skills needed for group work • Planning a project. • Contributing to society • Evaluating a project • Social and moral conduct - garden centre visit |
| Summer 1 | <p><u>British Values</u></p> <ul style="list-style-type: none"> • Identity and belonging • Identity – DNA, what does it reveal? • Stereotypes, women’s rights, cultural beliefs • Propaganda • Grooming |
| Summer 2 | <p><u>Career choices</u></p> <ul style="list-style-type: none"> • What choices do I have post 16? • Identifying my skills, traits and abilities. • What careers are appropriate for me? • Applying to Open days • Writing a personal statement |