

# Year 9 PSHE Learning Outcomes

## Unit 1: Peer Influence, Substance Misuse and Gangs

By the end of this unit students will know...

- how to distinguish between healthy and unhealthy friendships
- how to assess risk and manage influences, including online
- about 'group think' and how it affects behaviour
- how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively
- to manage risk in relation to gangs
- about the legal and physical risks of carrying a knife
- about positive social norms in relation to drug and alcohol use
- about legal and health risks in relation to drug and alcohol use, including addiction and dependence

## Unit 2: Respectful Relationships

By the end of this unit students will know...

- about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering
- about positive relationships in the home and ways to reduce homelessness amongst young people
- about conflict and its causes in different contexts, e.g. with family and friends
- conflict resolution strategies
- how to manage relationship and family changes, including relationship breakdown, separation and divorce
- how to access support services

## Unit 3: Setting Goals

By the end of this unit students will know...

- about transferable skills, abilities and interests
- how to demonstrate strengths
- about different types of employment and career pathways
- how to manage feelings relating to future employment
- how to work towards aspirations and set meaningful, realistic goals for the future
- about GCSE and post-16 options
- skills for decision making

## Unit 4: Healthy Lifestyle

By the end of this unit students will know...

- about the relationship between physical and mental health
- about balancing work, leisure, exercise and sleep
- how to make informed healthy eating choices
- how to manage influences on body image
- to make independent health choices
- to take increased responsibility for physical health, including testicular self-examination

## Unit 5: Employability Skills

By the end of this unit students will know...

- skills for decision making
- about young people's employment rights and responsibilities
- skills for enterprise and employability
- how to give and act upon constructive feedback
- how to manage their 'personal brand' online
- habits and strategies to support progress
- how to identify and access support for concerns relating to life online

## Unit 6: Intimate Relationships

By the end of this unit students will know...

- about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex
- about facts and misconceptions relating to consent
- about the continuous right to withdraw consent and capacity to consent
- about STIs, effective use of condoms and negotiating safer sex
- about the consequences of unprotected sex, including pregnancy
- how the portrayal of relationships in the media and pornography might affect expectations
- how to assess and manage risks of sending, sharing or passing on sexual images
- how to secure personal information online