

Year 9 RSHE

Health & Wellbeing

Students will learn...

- 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

Relationships

Students will learn...

- about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex
- about myths 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 manage relationship and family changes, including relationship breakdown, separation and divorce

Living in the Wider World

Students will learn...

- 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
- 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