

PSHE – Year 9

Our inclusive curriculum further embeds our three key areas of study: Personal Wellbeing, Living in the Wider World and Relationships and Diversity. All students continue to engage with the Fundamental British Values, the Protected Characteristics and other key concepts to ensure that they are safe and informed about issues relevant to their age and development.

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge & Skills	<p>Personal Wellbeing (6 Lessons)</p> <p>Healthy and unhealthy friendships, assertiveness, substance misuse and gang exploitation.</p> <p>Skills: Discussion, Debate, Decision Making, Coping Strategies.</p>	<p>Living in the Wider World: Careers (7 Lessons)</p> <p>Learning strengths, career options and goal setting as part of the GCSE options process</p> <p>Skills: Teamwork, Questioning, Decision Making.</p>	<p>Relationships and Diversity (6 Lessons)</p> <p>Families and parenting, healthy relationships, conflict resolution and relationship changes.</p> <p>Skills: Discussion, Questioning, Decision Making, Coping Strategies.</p>	<p>Emotional Wellbeing (6 Lessons)</p> <p>Managing anxiety and stress, self-harm, body image and opinions on vaccines, organ and blood donation.</p> <p>Skills: Discussion, Questioning, Decision Making, Coping Strategies.</p>	<p>Healthy Relationships (6 Lessons)</p> <p>Relationships and sex education including consent, contraception, the risks of STIs and attitudes to pornography.</p> <p>Skills: Discussion, Questioning, Decision Making, Coping Strategies.</p>	<p>Living in the Wider World: Finance (6 Lessons)</p> <p>Financial institutions, avoiding debt, consumer rights and financial crime.</p> <p>Skills: Discussion, Questioning, Decision Making.</p>
Beyond The Curriculum	<p>Time for a video?</p> <p>Watch these clips on BBC Class Clips about drugs and substance misuse.</p> <p>GCSE PSHE / Citizenship: Drugs - My Story - BBC Teach</p>	<p>Enrichment Clubs:</p> <p>At Rastrick they are free to access and there's something for everyone. Why not take up the opportunity of trying a new hobby?</p> <p>Website: Have a look at BBC Bitsize careers pages for interactive quizzes, videos, podcasts and more all linked to career choices.</p> <p>Careers - BBC Bitesize</p>	<p>Website:</p> <p>Find out more about healthy relationships, home and family and relationships changes on the Childline website.</p> <p>Home and families Childline</p>	<p>Website:</p> <p>Find out more about donating blood</p> <p>Home - NHS Blood Donation</p> <p>Time for a video?</p> <p>Watch these clips on BBC Class Clips about anxiety, self-esteem and mental wellbeing.</p> <p>KS3 / KS4 PSHE: Time to talk about... - BBC Teach</p>	<p>Fancy a chat?:</p> <p>Learning about healthy relationships can seem pretty daunting. If you want to talk to someone outside of your lesson you can always visit GASS or student support and have a chat with one of the safeguarding team.</p>	<p>Time for a video?</p> <p>Watch these clips on BBC Class Clips about credit and debt.</p> <p>KS3 / KS4 PSHE: Credit and Debt - What happens when you borrow money? - BBC Teach</p>