Personal, Social, Health and Economic (PSHE) and
Citizenship Education Curriculum.

Year 9			
Autumn			
	Lesson Topic	Learning Objective	Theme
1	**Introduction to Relationships and Sex Education (RSE) in Year 9**	• Clarify and develop personal values in friendships, love and sexual relationships • Understand the importance of trust in relationships and the behaviours that can undermine or build trust • Explain what RSE is, why it is taught in school, and how it supports their wellbeing, safety, and healthy development.	Relationship and Sex Education RR1,
2	**Respectful and Unhealthy Relationships**	• Identify key features such as trust, equality, communication, and boundaries • Recognise how respect is shown in friendships, family relationships, and romantic relationships • Spot behaviours like pressure, manipulation, jealousy, or isolation • Understand that unhealthy behaviour can happen both online and offline • Explain how negative behaviours can affect someone's confidence, emotions, and safety • Recognise that no one is responsible for someone else's harmful behaviour	Relationship and Sex Education F8, RR1, RR5, MW1, BS1
3	**RSE Myths and Misconceptions**	• Identify myths and misconceptions about sex and relationships – by recognising common inaccurate beliefs about sexual health, intimacy, and relationships. • Understand misconceptions and rumours around body parts and discuss how society views and the media may influence this. • Understand that intimate relationships should be pleasurable and consensual by explaining that healthy intimate relationships involve mutual respect, consent, and shared enjoyment.	Relationship and Sex Education F8, RR1, RR8, ISR1, ISR2, ISR4, BS13, BS1

		• Understand what Female Genital Mutilation (FGM) is, and how to recognise the signs.	
4	**Safe Sex: Contraception**	• Understand the purpose, importance and different forms of contraception; how and where to access contraception and advice (see also Relationships) • Understand why communication and negotiation skills are necessary for contraceptive use in healthy relationships and our know health. • Understand the risks related to unprotected sex and the consequences of unintended pregnancy, sources of support and the options available	Relationship and Sex Education RR1, RR5, ISR6, ISR8
5	**Safe Sex: Sexually Transmitted Infections**	• Understand sexually transmitted infections and explain what STIs are, how they are transmitted, and identify common examples (such as chlamydia, gonorrhoea, HIV, and HPV). • Recognise symptoms, testing, and treatment that some STIs may have no symptoms, know why testing is important, and recognise that many STIs can be treated or managed if detected early. • Know how to access support and make informed choices such as trusted sources of information and support (e.g. healthcare professionals, clinics) and understand the importance of consent, communication, and responsibility in sexual health decisions.	Relationship and Sex Education RR1, RR5, RR8, HP8, HP9, ISR6, ISR8, ISR9
6	**What is Sexual Harassment and Pornography**	• Identify portrayal of sex in the media and social media (including pornography) can affect people's expectations of relationships and sex. • Understand what sexual harassment is and what it may look like in both online and offline contexts, recognise unacceptable behaviour, and understand how it can impact a person's wellbeing, confidence, and sense of safety. • Develop critical awareness of pornography, that it is created for adults, is often unrealistic, and can present distorted or harmful messages about bodies, relationships, and consent. They will learn to challenge misconceptions that pornography can create.	Relationship and Sex Education F8, RR8, ISR4, ISR5, ISR10, ISR11, ISR12, OSA8, OSA11,

		• Identify safe ways to report sexual harassment, set boundaries, challenge harmful behaviour, and access appropriate help if they or someone else feels unsafe or uncomfortable.	
7	**Consent**	• Understand the concept of consent, what consent is, why it is essential in all types of relationships, and that it must be freely given, informed, enthusiastic, and reversible. • Recognise situations and identify scenarios where consent is needed, including sexual activity, sharing images, and personal boundaries. • Understand the legal and ethical implications, describe the consequences of not obtaining consent, including emotional, social, and legal outcomes.	Relationship and Sex Education F8, RR1, RR5, RR8, ISR1, ISR2, ISR3, BS1, BS3
8	**Sexting and Online Relationships**	• Understand sexting and online relationship risks, why under-18s cannot legally share explicit images, and the potential emotional, social, and legal consequences. • Identify what safe, respectful, and age-appropriate online communication looks like, and understand how online behaviour can affect real-life relationships and wellbeing. • Describe strategies to protect themselves online, including managing pressure, setting boundaries, reporting harmful content, and accessing trusted support if things go wrong.	Relationship and Sex Education F8, RR1, RR5, OSA4, OSA5
Spring			
	Lesson Topic	Learning Objective	Theme
1	**Decision making: Choosing what to study at KS4**	• Identify the range of educational, vocational, and extracurricular pathways available to them. • Evaluate choices and compare different options based on their interests, strengths, and long-term goals.	Living in the Wider World Careers Education Gatsby 2,7,8

		• Explain the reasoning behind their choices and recognise the impact these decisions may have on future opportunities.	
2	**What comes after school: the main learning pathways**	• Identify a learning pathway they'd like to explore further • Name pathways, qualifications, skills, and progression opportunities related to an example career • State sources of further information about learning pathways	Living in the Wider World Careers Education Gatsby 2,7
3	**What is the labour market and why is it important?**	• Define the labour market and labour market information • Identify different types of labour market information • Compare labour market information	Living in the Wider World Careers Education Gatsby 2,3,6
4	**Working and Earning Money**	• Explain key employment rights for young workers, including minimum wage and workplace protections. • Understand how earnings are calculated and paid, including hourly wages, salaries, gross pay, net pay, and common deductions shown on a payslip. • Apply money management skills by calculating take-home pay and creating a simple budget that distinguishes between essential and non-essential spending.	Living in the Wider World Careers Education Gatsby 2,3,6,7 Financial Literacy
5	**Entrepreneurship**	• Define entrepreneurship and explain the key characteristics of a successful entrepreneur. • Identify opportunities for creating products, services or solutions that meet the needs of customers or communities. • Evaluate the risks and rewards of starting a business, including the skills and qualities needed to succeed.	Living in the Wider World Careers Education

6	**Mental Health: Developing Coping Strategies**	• Understand the causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders, and the need to seek help for themselves or others as soon as possible • how to recognise when they or others need help with their mental health and wellbeing; sources of help and support and strategies for accessing what they need	Health and Wellbeing RR3, MW1, MW3, MW4, MW5, MW7, PHF3
Summer			
	Lesson Topic	Learning Objective	Theme
1	**First Aid: CPR and Defib machine**	• Explain what CPR is, why it is important, and the purpose of a defibrillator in emergency situations. • Demonstrate correct procedure and be able to safely practise the steps of CPR and the use of a defibrillator on a training manikin. • Identify situations where CPR and defibrillator use are necessary and understand the importance of calling emergency services promptly. • Understand how and when to self-care for minor ailments, and the role of pharmacists as knowledgeable healthcare professionals	Living in the Wider World BFA2, BFA3, HP3, HP8
2	**Digital Deception: Understanding Deepfakes and Chatbots**	• Identify what deepfakes and AI chatbots are and explain how they are created. • Recognise the risks and benefits of deepfakes and chatbots in everyday life. • Evaluate online content and use strategies to decide whether information, images, videos, or messages can be trusted.	Living in the Wider World F8, OSA7
3	**Breast and testicular Cancer: How to Self-Check**	• Explain why regular self-examination can help with early detection of breast and testicular cancer. • Understand how vaccines work and the misinformation about vaccinations online. • Describe, in age-appropriate terms, the correct method for self-examination.	Health and Wellbeing HP3, HP4, HP5, HP8, PHF4

		• Identify potential warning signs and understand the importance of reporting concerns to a trusted adult or health professional. • Discussion around Blood, Organ and Cel Donation.	
4	**Addictive Substances: Illegal Drugs**	• Understand the risks of illegal drugs and explain the physical, mental, and legal consequences of using illegal substances. • Recognise peer pressure and influences by identifying situations where they may be pressured to take drugs and strategies to respond safely. • Understand the unsafe ways in which people get hold of drugs. • Know how to seek help by accessing trusted support services and understand how to help themselves or others who may be affected by drug use.	Living in the Wider World DATV1, DATV 2, DATV5, WO6, MW9
5	**Gangs: County Lines and Knife Crime**	• Describe what county lines activity is and how criminal gangs exploit young people. • Recognise the risks, warning signs, and consequences associated with gang involvement and knife crime. • Identify strategies for staying safe and explain how to seek help for themselves or others if they are concerned about exploitation or violence.	Living in the Wider World PS4, PS5, PS6, WO6
6			
7	Project Week/ Last Week of Term		