

**Yr 9 PSHE/Citizenship**  
**Schemes of Work 2024-25**

<b><u>Lesson</u></b>	<b><u>Topic</u></b>	<b><u>Brief outline</u></b>	<b><u>Theme</u></b>
1	Introduction to RSE in Year 9	Introductions and Ground Rules	Relationships
2	Respectful Relationships	What do people value in relationships?	Relationships
3	Myths and Misconceptions	What are the myths and misconceptions around Relationships and Sex Education	Relationships
4	Safe Sex: Contraception	What is contraception. How do we stay safe from Infections and pregnancy	Relationships
5	Safe Sex: Sexually Transmitted Infections	What is an STI? How can they impact our bodies and how do they spread.	Relationships
6	Sexting	What is sexting. What is the impact on someone sending or receiving a Sext. The Laws around harmful sexual conte	Relationships
7	Christmas Quizzes		
<b>Christmas Break</b>			
1	Forced Marriage, Female Genital Mutilation and Child Sexual Exploitation	What is forced marriage? What is Female Genital Mutilation? What are the laws around these subjects?	Relationships
2	Harmful Sexual Behaviours and Pornography	What are harmful sexual behaviours? What is pornography, how can the media be sexualised and what harms can come from this	Relationships
3	My Values – Routes and Pathways and Goal Setting	What are the different pathways and routes. How do we set goals to influence.	Living in the wider world
4	Decision Making and How my options can impact my career	What options are you picking and how may that impact your future. What subjects can lead to different career paths	Living in the wider world
5	My Network, Skills and Qualities	What is a network, what skills and qualities do I have	Living in the wider world
6	Entrepreneur – Dragons Den	How can you communicate ideas? How to sell a product?	Health and Wellbeing
<b>Easter Break</b>			
1	First Aid	First Aid, Recovery position and introduction to CPR	Health and Wellbeing
2	Parenthood and Caring for Others	What is parenthood What do you need to think about and what would you be responsible for?	Health and Wellbeing
3	Breast Cancer, Testicular Cancer and Health Service Self-Examination	Breast and Testicular Cancer – Signs and Symptoms How can you self-examine from these cancers. Health services and vaccinations	Health and Wellbeing
4	Addictive Substances: Illegal Drugs	What drugs are illegal and the impact of these drugs	Health and Wellbeing
5	Gangs and County Lines	What is a gang What are county lines What are the signs and symptoms of these issues. Knife Crime	Living in the Wider World
<b>End of School Year</b>			

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