

**Long  
Term Plan**

Our Year 9 curriculum deepens and enhances our student's knowledge and understanding of our fundamental RSE themes. Students will have opportunities to extend and rehearse skills, and further explore attitudes, values and attributes acquired during Key Stage 3. Our bespoke curriculum reflects the emerging needs of our Year 9 students and the fact that students are moving towards an independent role in adult life, taking on greater responsibility for themselves and others.

**Year 9: PSHE**

	<b>Learning Cycle</b>	<b>Key Concepts and Themes</b>	<b>Vocabulary</b>
<b>HT1</b>	Respectful Relationships	<ul style="list-style-type: none"> <li>• Healthy friendships and practical steps to improve and support relationships</li> <li>• Bullying</li> <li>• Identifying harmful behaviour online</li> <li>• Respect, Stereotypes and Equality</li> <li>• Hate crime</li> <li>• Sexual harassment and sexual violence</li> <li>• Coercive control and domestic violence</li> <li>• Criminal behaviour within relationships</li> </ul>	Assault, Sexual assault, Coercion, Blackmail, Stalking, Harassment, Mutual respect
<b>HT2</b>	Intimate and Sexual Relationships	<ul style="list-style-type: none"> <li>• Positive and healthy intimate relationships</li> <li>• Consent</li> <li>• Health and sex and relationships</li> <li>• Managing sexual pressure</li> <li>• Contraception and Sexually transmitted infections</li> </ul>	Sexual norms, Coercion, Intimacy, Mutual respect, Withdraw consent
<b>HT3</b>	Online and Media	<ul style="list-style-type: none"> <li>• Behaviour expectations online</li> <li>• Sharing material online and Online risk, including nudes and grooming</li> <li>• Reporting material online and managing online issues</li> <li>• The law about sharing indecent images of children</li> <li>• The online world vs the physical world and The laws about online behaviour</li> <li>• Radicalisation and extremism and the impact of viewing harmful content</li> <li>• Pornography and sexually explicit material</li> </ul>	Grooming, Harassment, Radicalisation, Indecent, Censorship, Stalking, Distorted
<b>HT4</b>	Families	<ul style="list-style-type: none"> <li>• Committed, stable relationships</li> <li>• Marriage and other types of long-term relationships</li> <li>• The laws relating to forced marriage and honour-based violence</li> <li>• FGM</li> <li>• Roles and responsibilities of parents</li> <li>• Determining trustworthy sources of information</li> <li>• Judge when a relationship is unsafe</li> <li>• To know practical steps to improve and support respectful relationships</li> <li>• Domestic violence</li> </ul>	Cohabitation, Conceive, Bereavement, Abuse, Intimacy, Unregistered marriage, Divorce and dissolution, Assault
<b>HT5</b>	Keeping Safe and Happy	<ul style="list-style-type: none"> <li>• Drugs, alcohol and tobacco</li> <li>• First Aid and Road Safety</li> <li>• County Lines</li> <li>• Child Criminal Exploitation and Child Sexual Exploitation</li> </ul>	Glamorised, Physiological effect, Prescription, Alcohol misuse, Primary survey, CPR, Defibrillators
<b>HT6</b>	Intimate and Sexual Relationships	<ul style="list-style-type: none"> <li>• Alcohol and drugs leading to risky sexual behaviour</li> <li>• How to access confidential sexual and reproductive advice</li> <li>• Reproductive health, fertility and menopause</li> <li>• Pregnancy and the choices available</li> <li>• Abortion</li> </ul>	Fertility, Reproductive health, Donor insemination, Co-parenting, Adoption/ fostering, Surrogacy, Menopause

<b>Skill Development</b>	<ul style="list-style-type: none"> <li>• Identifying thinking traps</li> <li>• Resilience</li> <li>• Managing risk</li> <li>• Identifying and accessing support</li> <li>• Self-regulation</li> </ul>	<ul style="list-style-type: none"> <li>• Clarifying own values</li> <li>• Developing a healthy self-concept</li> <li>• Building and maintaining healthy relationships</li> <li>• Decision making</li> </ul>	<ul style="list-style-type: none"> <li>• Empathy and compassion</li> <li>• Respect for others</li> <li>• Valuing diversity</li> <li>• Assessing the validity and reliability of information</li> </ul>
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