

YEAR 9 PSHE Curriculum 2021 - 2022

Content	Learning Intentions / Outcomes	Key Questions
ALCOHOL AND DRUGS		
Dangers of energy drinks	To understand the dangers of energy drinks. To appreciate why people may drink them	What is caffeine? What are the problems for me?
Undertaking drinking	To appreciate the nature and scale of the societal impact of excessive drinking. To explore how alcohol affects the body (short and long term).	What is alcohol? Why might people be attracted to alcohol? What influence does alcohol have on my social status?
Units of alcohol	To understand that similar drinks have different concentrations of alcohol. To appreciate how long alcohol stays in our system.	What is a unit of alcohol? Why is some alcohol different to other types of alcohol? What are the myths about alcohol?
How alcohol damages the body	To fully appreciate the effects of drinking alcohol	How might alcohol affect our judgement? How might alcohol affect our health?
Alcohol and the law	To understand the possible long term consequences of breaking the law.	What does the law say? What powers do the Police have? Is it ever ok to drink when under age?
Classes of drugs	To understand the consequences of taking drugs. To understand the consequences of taking drugs and being in possession.	What do I need to know about drugs? What is the law about drugs? Where can I get help and support?
Dangers of drugs	To understand the effects of drugs and the dangers related to drug taking.	Are drugs harmful? Is it ever OK to take drugs? What should I do if we know someone who might be taking drugs?
BODY IMAGE		
Body Image	Explore why people feel pressured about body image. Understand how media can influence body image.	Why should people make changes to their body image? What effect does media have?
Ken vs Barbie	Explore the pressure put onto boys and girls in the search for the perfect body image.	Is it just girls who worry about body image?
I'm no angel	To explore the equal representation of all body shapes and sizes.	What is body inclusivity?
The perfect human body	To discuss the ideas and thoughts being the perfect body.	What makes a so-called perfect human body?
Amazing animal habits	To explore animals from nature to discover why they adapt traditional	What could humans learn from the animal kingdom?

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	thoughts to fit into their environment.	
Your perfect body	Using the information gathered discuss what you feel the perfect body is.	What is the perfect body?
Summary	To explore all the knowledge gathered and formulate an understanding regarding the pressures to find and acquire the 'perfect body'	Is the search for the perfect a good thing? What side effects are there?
CITIZENSHIP		
Parliament	To explore the role of Parliament.	What do we mean by democracy? What is Parliament? How does it work?
The law of the land	To appreciate the need for laws. To explore the role of courts.	Why do we have laws? What is a law? What types of law are there?
How are laws made and passed?	To explore how laws come into force and the process they must follow to become law.	Why do laws change?
House of Lords	To understand the role the House of Lords plays in British politics.	Why do we need a House of Lords? Who sits in the house of Lords
The Government in action	To investigate the role Parliament has. To understand the role of the cabinet.	Who is in the cabinet? Why do we need politicians?
How are MPs elected?	To further understand the process of how MPs are elected.	How do I vote? Does my vote make a difference?
How did Britain become more democratic?	To understand the role of democracy and how it has developed over time.	What is democracy?
DEVELOPING IDENTITY		
Future self	To be able to explore your feelings about becoming an adult	How do I know who I really?
Influences on identity	To be able to explore the different influences upon your identity	Who and what should listen to?
Influences on behaviour	To be able to explore the different influences upon your identity	Who and what influences your behaviour?
Stereotypes	To explore stereotypes and develop an understanding of what they are	What is a stereotype and how are they formed?
Labels	To be able to explore labelling and its effects on identity	What are labels and how do I change the label I have?
Wider identity	To be able to explore your wider identity	What makes us different?
Multiple identities	To be able to explore how your identity can change in different settings	Is it possible to have more than one identity?
Discrimination	To be able to explore reasons for discrimination	Why is discrimination unfair?

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FINANCE		
Financial documents	To be able to identify different financial documents To be able to use information given in financial documents	Why are such documents important?
Debt and credit cards	To be able to understand the differences between a debit and credit card To be able to identify when to use a debit and credit card	Are credit cards dangerous or helpful?
Borrowing and debt	To be able to identify different forms of debt To be able to understand that not all forms of debt are bad	What exactly is debt? How can it affect lives?
Interest rates	To be able to understand why banks charge interest To be able to calculate the amount of interest charged	Where is the best place to keep my money?
Exchange rates	To be able to understand why exchange rates fluctuate To be able to convert using simple exchange rates	What is the value of the pound when I go on holiday?
Value for money	To be able to understand why supermarkets may sell the same product at different prices.	How do I know what deal is best?
Price comparison sites	To be able to understand the information given on price comparison sites To be able to calculate the savings made	How do I find the best price for the products I buy?
Discounts	To be able to calculate discounts and the sale price of items	How can I tell if I have a good deal or not?
FIRST AID		
Bone, muscle and joint injuries	To recognise a fracture, dislocation, sprain or strain To describe how to respond appropriately to someone with a fracture, dislocation, sprain or strain.	Is there a difference between a fracture and a break? What is the difference between a sprain and a strain?
Burns and scalds	To recognise a burn or a scald Be able to respond appropriately to someone who has a burn or a scald.	How do we burn or scald? What is a scald?
Bandages and Slings	To appreciate when a bandage and sling may be needed To apply a bandage and sling to offer support and comfort to the casualty.	Why will a sling help? What exactly do bandages do?

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Asthma	To be able to recognise an asthma attack To confidently respond appropriately when someone is having an asthma attack.	Why do people have asthma? What Does it affect the casualty? Can an asthma attack be fatal?
Low blood sugar	To have the ability to recognise when someone has low blood sugar To be able to respond appropriately to someone who has low blood sugar	What does having blood sugar mean? Why do people have low sugar counts? What do they do to help themselves?
Chest pain	To be able to recognise when someone is having a heart attack or an angina attack To be able to respond appropriately to someone who is having a heart attack or an angina attack	What causes chest pain? How can I recognise is someone is having a heart attack? What is angina?
MENTAL WELLBEING		
Resilience	Explore what resilience is. To discuss why resilience is beneficial	What does resilience mean?
Role models and resilience	To recognise the characteristics of resilience in other people	What can we learn from famous people about resilience?
Examples of resilience (2 lessons)	To identify resilience in other people To discuss the resilient nature of people in society	Why is resilience important? Who is resilient?
Me, myself, I – self-concept and self-esteem (2 lessons)	To describe how their self-concept is influenced by their thoughts, behaviour, and engagement in different contexts.	Who am I and what are my strengths?
Adolescent Stereotypes	To explore stereotypes that exist in our society To Appreciate the dangers of stereotyping	What are stereotypes? Do I support stereotypes?
RSHE		
Developing Relationships	To recognise features of healthy and unhealthy relationships.	How can young people maximise the positives and minimise the negatives to enable them to have a healthy relationship?
Breaking down and mending relationships	To develop positive strategies and build resilience to cope with relationship break ups.	What support do people need after a break up? Does this vary? What are the consequences of breaking up?
Possession v commitment	To consider the difference between commitment in a healthy relationship and possessive behaviour	What are possessive tendencies? What is commitment?

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Values	To explore our own values and to consider those of others To evaluate and defend our decisions and views on a variety of issues	What are values? Why do people have different values? Are the Catholic values different?
Young people and sex	To identify the motivators for engaging in a sexual relationship. To speculate on the feelings/consequence which might occur as a result of a sexual relationship. To address some of our needs in a relationship in other ways.	Why do people have sex? What is the Catholic view of sex?
Pressure pot	To consider where pressures come from. Recognise how we put each other under pressure Identify ways of resisting pressure.	What is pressure? Where might pressure come from? Is it normal to feel under pressure?
Consent	To understand what we mean by 'consent'. To learn how and where to access support with issues around consent.	What is consent? What is exploitation? What is Rape? Where can we seek help?
Saying no	To learn about our feelings when it comes to saying 'no' to someone. To have considered why at times we should say 'no'. To plan strategies for how to say 'no'.	What stops us saying no? How do we say no?
ENVIRONMENTAL CITIZENSHIP		
Environmental change	To understand the impact our decisions can have on the planet. To understand how these impacts on the planet will change our lives.	How can we reduce the impact of environmental change?
Global food	To appreciate the impact of food consumption. To understand the impact on water resources. To be aware of green policies.	How do our food choices affect the world?
Disease causing deaths	To understand the devastation disease is having on the world. To appreciate the pattern of disease around the world.	What are blue zones?
Down to earth	To further understand the powers of blue zones. To appreciate the positive effects of the lifestyle of those living in blue zones.	What can we learn from blue zones?
Extinction – The facts	To appreciate the effects of biodiversity.	What are the consequences and what can I do to help?

