

YEAR 9 PSHE

What will my child be learning this year?

A year of learning for life

Year 9 PSHE helps students look after their mental health, manage relationships and risk, stay safer online, understand money and healthcare, and prepare for Key Stage 4.

AUTUMN 1

Mental health & wellbeing

- Why attendance and punctuality matter for the future
- Understanding anxiety and ways to cope with it
- Activities that can improve mood and wellbeing
- Good sleep and its impact on health
- Grief, loss and beginning to manage difficult feelings
- Conflict management and resisting peer pressure
- Recognising warning signs of child sexual exploitation (CSE) and knowing how to seek help

SPRING 1

Consent & relationships

- Gender stereotypes and their impact
- Misogyny, domestic abuse, warning signs and support
- Sexual harassment, harmful sexual behaviours and the law
- Pornography, the adolescent brain and wellbeing
- AI chatbots, fake intimacy and the risks of harmful advice

SUMMER 1

Health, safety & exploitation

- Using healthcare services appropriately, including pharmacy services and Gillick competence
- Online grooming, exploitation and illegal online behaviours
- Basic first aid in an emergency, including violent incidents
- Criminal exploitation, gangs and county lines
- Vapes, cannabis edibles, snus pouches and related risks

AUTUMN 2

Money, media & online safety

- Understanding the economy and the role of the Bank of England
- Personal finance, debt, money management and consumer rights
- Financial exploitation, phishing and online scams
- Deepfakes / AI and the possible legal, emotional and social consequences of sexual images
- Relationships in the media versus real life
- Online dating, recognising red flags and staying safe

SPRING 2

Managing risk

- Online appearance and completing an online audit
- Drugs, their effects and legal consequences
- Gambling and understanding addiction
- Healthy eating while living on a budget

SUMMER 2

Navigating harms & preparing for KS4

- Understanding factors that can lead young people into serious and organised crime
- Cybercrime, the dark web and the consequences of illegal online activity
- Racial stereotypes and their impact
- Gender identity, gender roles, sexism and misogyny
- Volunteering and skills valued by employers
- Preparing for the move from KS3 to KS4 and exploring available options

How can parents help?

Talk with your child about what they are learning, encourage questions and remind them that they can speak to a trusted adult if they are worried or unsure about anything.