

# Year 9 RSE Curriculum Map

## Term One

Core Themes		Health and Wellbeing					
Term		Autumn Half Term 1			Autumn Half Term 2		
Topic	Mental Health and Emotional Wellbeing	Healthy Decisions	Health Related Decisions	Drugs, alcohol and tobacco	Managing Risk and personal safety	Puberty and Sexual Health	
Year 9	H5. the characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people's mental health	H19. the importance of taking increased responsibility for their own physical health including dental check-ups, sun safety and self-examination (especially testicular self-examination in late KS3); the purpose of vaccinations offered during adolescence for individuals and society.	H15. the purpose of blood, organ and stem cell donation for individuals and society	H27. the personal and social risks and consequences of substance use and misuse including occasional use	H30. how to identify risk and manage personal safety in increasingly independent situations, including online	H35. about the purpose, importance and different forms of contraception; how and where to access contraception and advice (see also Relationships)	
	H6. about change and its impact on mental health and wellbeing and to recognise the need for emotional support during life changes and/or difficult experiences	H21. how to access health services when appropriate	H14. about the health services available to people; strategies to become a confident user of the NHS and other health services; to overcome potential concerns or barriers to seeking help	H28. the law relating to the supply, use and misuse of legal and illegal substances	H32. the risks associated with gambling and recognise that chance-based transactions can carry similar risks; strategies for managing peer and other influences relating to gambling	H36. that certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain sexually transmitted infections (STIs)	
	H7. a broad range of strategies – cognitive and practical – for promoting their own emotional wellbeing, for avoiding negative thinking and for ways of managing mental health concerns	H22. the risks and myths associated with female genital mutilation (FGM), its status as a criminal act and strategies to safely access support for themselves or others who may be at risk, or who have already been subject to FGM		H29. about the concepts of dependence and addiction including awareness of help to overcome addictions	H33. how to get help in an emergency and perform basic first aid, including cardio-pulmonary resuscitation (CPR) and the use of defibrillators		

### Core Themes:

Health and Wellbeing
Healthy Lifestyles
Health related Decisions
Drugs, alcohol and tobacco
Managing Risk and Personal Safety
Puberty and Sexual Health
Sexual Health and Fertility

### Term 2 - Relationships

Relationship Values
Forming and maintaining respectful relationships
Consent
Contraception and parenthood
Bullying, abuse and discrimination

### Term 3 - Living in the Wider World

Choices and Pathways
Work and Career
Employment rights and responsibilities
Financial Choices
Media Literacy and digital resilience

## Term Two

Core Themes		Relationships					
Term		Spring Half Term 1			Spring Half Term 2		
Topic	Positive Relationships	Relationship Values	Forming and Maintaining Respectful Relationships	Consent	Contraception and Parenthood	Bullying, abuse and Discrimination	Social Influences
Year 9	H7. how the media portrays relationships and the potential impact of this on people's expectations of relationships (mutual support, trust, respect and equality)	H9. to clarify and develop personal values in friendships, love and sexual relationships	H20. to manage the influence of drugs and alcohol on decision-making within relationships and social situations	H25. about the law relating to sexual consent	H32. the communication and negotiation skills necessary for contraceptive use in healthy relationships (see also "Health")	H37. the characteristics of abusive behaviours, such as grooming, sexual harassment, sexual and emotional abuse, violence and exploitation; to recognise warning signs, including online; how to report abusive behaviours or access support for themselves or others	H46. about the factors that contribute to young people joining gangs; the social, legal and physical consequences of gang behaviours
	H8. that the portrayal of sex in the media and social media (including pornography) can affect people's expectations of relationships and sex (seeking help where necessary)	H10. the importance of trust in relationships and the behaviours that can undermine or build trust	H21. how to manage the breakdown of a relationship (including its digital legacy), loss and change in relationships	H26. how to seek, give, not give and withdraw consent (in all contexts, including online)	H33. the risks related to unprotected sex	H40. about the unacceptability of prejudice-based language and behaviour, offline and online, including sexism, homophobia, biphobia, transphobia, racism, ableism and faith-based prejudice	H48. strategies to manage pressure to join a gang, best strategies and how to access appropriate support
	H11. the characteristics and benefits of strong, positive relationships, including mutual support, trust, respect and equality	H11. to evaluate expectations about gender roles, behaviour and intimacy within romantic relationships	H22. the effects of change, including loss, separation, divorce and bereavement; strategies for managing these and accessing support	H27. that the seeker of consent is legally and morally responsible for ensuring that consent has been given; that if consent is not given or is withdrawn, that decision should always be respected	H34. the consequences of unintended pregnancy, sources of support and the options available	H41. the need to promote inclusion and challenge discrimination, and how to do so safely, including online	H49. motivations, misconceptions and consequences of carrying weapons and strategies for managing pressure to carry a weapon
	H12. to respond appropriately to indicators of unhealthy relationships, including seeking help where necessary	H12. that everyone has the choice to delay sex, or to enjoy intimacy without sex	H23. the services available to support healthy relationships and manage unhealthy relationships, and how to access them	H28. to gauge readiness for sexual intimacy			
				H29. the impact of sharing sexual images of others without consent			
			H30. how to manage any request or pressure to share an image of themselves or others, and how to get help				
			H31. that intimate relationships should be pleasurable				

# Term Three

Core Themes		Living In The Wider World					
Term	Summer Half Term 1				Summer Half Term 2		
Topic	Learning Skills	Choices and Pathways	Work and career	Employment Rights and Responsibilities	Financial Choices	Media Literacy and digital resilience	
Year 9	L1. to evaluate and further develop their study and employability skills	L4. about the range of opportunities available to them for career progression, including in education, training and employment	L7. about the labour market, local, national and international employment opportunities	L13. the skills and attributes to manage rights and responsibilities at work including health and safety procedures	L16. how to effectively budget, including the benefits of saving	L22. that there are positive and safe ways to create and share content online and the opportunities this offers	
	L2. to evaluate their own personal strengths and areas for development and use this to inform goal setting		L8. about employment sectors and types, and changing patterns of employment		L17. how to effectively make financial decisions, including recognising the opportunities and challenges involved in taking financial risks	L23. strategies for protecting and enhancing their personal and professional reputation online	
					L18. to recognise and manage the range of influences on their financial decisions	L24. that social media may disproportionately feature exaggerated or inaccurate information about situations, or extreme viewpoints; to recognise why and how this may influence opinions and perceptions of people and events	