

Year 9 Personal and Life skills (PSHE)

	<u>Year 9</u>	
Topic - Term 1	Length	Key Objectives
Ignite Programme https://www.ignite.ox.ac.uk	6 weeks	<ul style="list-style-type: none"> • A unit on self-awareness which covers the following: <ul style="list-style-type: none"> ○ Understanding yourself ○ Asserting yourself ○ Networking & connecting ○ Marketing yourself
First Aid	6 weeks	<ul style="list-style-type: none"> • Understanding the basics of first aid for: <ul style="list-style-type: none"> ○ Burns ○ Asthma ○ Cuts/scratches/scraps ○ Anaphylactic shock ○ What to do in an emergency situation

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Topic - Term 2	Length	Key Objectives
Role of media & influence on society	5 weeks	<ul style="list-style-type: none"> • Recognise personal strengths – how these affect self-confidence & self esteem • Understand self-esteem can change with personal circumstances • Characteristics of emotional and mental health • Healthy coping strategies
Sex & Sexual Health – Contraception & STIs	4 weeks	<ul style="list-style-type: none"> • Understand what sex is • When to have sex? Right/wrong times • Different types of contraception • Right to privacy – your ‘privates’ are private • Keeping yourself safe, sexually • Where you can access contraception • Fraser Guidelines • Types of STIs – what to do if you think you are infected • Keeping & staying healthy

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Topic - Term 3	Length	Key Objectives
Body Image	5 weeks	<ul style="list-style-type: none"> • Recognise and manage feelings about your body • Their influences on their body image • Body image & the media • Idealised/artificial body shapes • Cosmetic/aesthetic procedures including tattooing, piercing and the use of tanning salons
Economic wellbeing	4 weeks	<ul style="list-style-type: none"> • Laws relating to the work of young people • Understand the concept of cash flow and profit • How you get paid – HMRC • Managing risk with young people and financial decisions • Online gambling – consequences, reasons to gamble, pressure • Social/Moral dilemmas about the use of money



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Additional Information:

In addition to the curriculum above year 9 also have the following outside speakers: