

**PHSE Scheme of Work 2023 to 2024: YEAR 9**

AUTUMN TERM 1: SEPTEMBER - OCTOBER	AUTUMN TERM 2: OCTOBER - DECEMBER	SPRING TERM 1: JANUARY - FEBRUARY
<b>Emotional Wellbeing &amp; Mental Health</b>	<b>Sex, Sexuality and Sexual Health</b>	<b>Consent, Conception and Contraception</b>
<p><b>AO: To understand our emotions and how they link to mental health.</b> Pupils will explore what their emotional wellbeing is and how it is linked to mental health. Pupils will explore how being resilient will encourage positive wellbeing and how to manage feeling and emotions that may lead to negative wellbeing.</p> <p><b>Topics include:</b></p> <ul style="list-style-type: none"> <li>• Definition of 'emotional wellbeing'</li> <li>• How to manage negative feelings and emotions</li> <li>• Loss and bereavement</li> <li>• Who can help</li> </ul>	<p><b>AO: To understand how to be healthy during a sexual relationship.</b> Pupils will look at the legality of sexual relationships and how to remain healthy in sexual relationships.</p> <p><b>Topics include:</b></p> <ul style="list-style-type: none"> <li>• Sex and the law</li> <li>• Pornography</li> <li>• Sexting</li> <li>• STIs</li> </ul>	<p><b>AO: To understand what is meant by consent and how to stay safe in relationships.</b> Pupils will focus on intimate relationships and how to stay safe in these. There is particular focus on the concept of and law around consent.</p> <p><b>Topics include:</b></p> <ul style="list-style-type: none"> <li>• Intimate relationships</li> <li>• Staying safe</li> <li>• Consent and the law</li> <li>• Contraception</li> </ul>
SPRING TERM 2: FEBRUARY - MARCH	SUMMER TERM 1: APRIL - MAY	SUMMER TERM 2: JUNE - JULY
<b>Alcohol, Tobacco &amp; other drugs</b>	<b>My future</b>	<b>Reflecting on Year 9</b>
<p><b>AO: To understand the effects that drugs have on the body.</b> Pupils will investigate legal and illegal drugs and the impact these have on the body. Pupils will look at the classification of different drugs as well as the law relating to drugs and the effects they have on the body.</p> <p><b>Topics include:</b></p> <ul style="list-style-type: none"> <li>• Drugs and the law including classification</li> <li>• Drugs and the impact on the body</li> <li>• Alcohol and the impact on the body</li> <li>• Why people take drugs</li> </ul>	<p><b>AO: To plan for my future in Year 9 and further.</b> Pupils will start to think about their future, both at Auckland College and after this. They will explore the options choices at Auckland College and how this will link to their future options and career.</p> <p><b>Topics include:</b></p> <ul style="list-style-type: none"> <li>• Options at the end of Year 9</li> <li>• College, university, or apprenticeships</li> <li>• Future careers</li> <li>• My hobbies and interests</li> </ul>	<p><b>AO: To evaluate Year 9 and plan for Year 10.</b> Pupils will reflect on their successes from Year 9 and everything that they have learnt. They will use this to create a plan to be successful in Year 10 and set clear goals in order to achieve this.</p> <p><b>Topics include:</b></p> <ul style="list-style-type: none"> <li>• Reflecting on successes</li> <li>• Identifying strengths and weaknesses</li> <li>• Growth mindset</li> <li>• Setting targets and goals</li> </ul>