

Year 9 PSHE

Autumn Term

Lesson	Core Content & Objectives	British Values Link
Digital Dangers, Coping & Self-Harm	Identifying cyberbullying and hate speech; taking action as an active upstander. How notifications, feeds, and algorithms affect teenage stress. Replacing unhealthy coping mechanisms with positive, safe strategies. Understanding self-harm triggers; challenging myths and identifying help. Safely supporting a friend in crisis; knowing confidentiality boundaries. Curating online feeds to support positive mental wellbeing.	Rule of Law: Laws against online harassment and hate speech. Individual Liberty: Managing screen use mindfully. individual Liberty: Managing personal mental health. Mutual Respect: De-stigmatizing mental health battles. Mutual Respect: Caring for and protecting peers. Individual Liberty: Choosing positive online environments.
Advanced Finance: Budgeting on a Salary	Decoding gross/net pay, income tax, National Insurance, and pensions. Differentiating between credit and debit; understanding personal spending limits. Understanding APR (borrowing costs) vs. AER (savings growth). Allocating a starter salary to cover rent, utilities, food, and transit. How small debts grow; credit scores and interest implications. Identifying phishing, pyramid schemes, and money mule recruitment.	Rule of Law: Legal tax obligations in the UK. Individual Liberty: Making smart, independent financial moves. Rule of Law: UK lending regulations and consumer laws. Individual Liberty: Managing life on a set budget. Rule of Law: Legal terms and responsibilities of borrowing. Rule of Law: Fraud laws and protecting financial accounts.

Spring Term

Lesson	Core Content & Objectives	British Values Link
Romantic Relationships, CSE & County Lines	Assessing emotional readiness for physical intimacy and sex. Defining Child Sexual Exploitation; identifying grooming warning signs. Understanding how gangs exploit youth to move drugs across regions. Recognizing isolation, gifts, threats, and peer recruitment. Developing strong, clear verbal refusal strategies in risky scenarios. Confidential reporting pathways; accessing Childline, police, and trusted adults.	Individual Liberty: Making independent financial choices. Rule of Law: Financial regulations and tax systems. Individual Liberty: Financial resilience and planning. Rule of Law: Consumer rights and consumer protection laws. Rule of Law: Age restrictions and gambling laws in the UK. Individual Liberty: Adapting to sudden financial shifts.
Toxic Relationships, Exploitation & Control	Exploring romantic attraction; transitioning from friends to partners. Trust, boundaries, mutual support, and independent identities. Practicing assertive, open expression; avoiding passive-aggressive behaviors. Strategies for managing rejection, breakups, and disappointments. Challenging unrealistic romantic expectations in media and online. Understanding legal boundaries, coercion, age limits, and consent.	Think-Pair-Share: "What shows a couple is ready for sex?" Scenarios: Identifying grooming tactics in relationship cases. Interactive Mapping: Tracing how youth get trapped in gang lines. Conscience Alley: Advising a character facing recruitment. Role-Play Practice: Assertive refusal drills in peer groups. Resource Hunt: Mapping school and external help helplines.

Summer Term

Lesson	Core Content & Objectives	British Values Link
Physical Health & Substances	Understanding Class A, B, and C drugs, legal charges, and life impacts. Physiological, cognitive, and social risks of binge drinking. Debunking vaping myths; lung health, nicotine addiction, and marketing. Practical strategies for saying no to substance use at parties. Spotting online fake health trends and dangerous fitness advice. Emergency steps for drug or alcohol poisoning; calling recovery systems. Understanding what makes long-term relationships secure and supportive. Celebrating adoptive, blended, foster, single-parent, and LGBTQ+ families. De-escalating heated arguments; practicing active listening. Navigating dating rumors, online gossip, and social double standards. Exploring the emotional and legal realities of sharing private photos. Evaluating relationship scenarios to protect personal wellbeing.	Rule of Law: Drug classification systems and legal penalties. Rule of Law: Alcohol licensing laws and drink driving limits. Rule of Law: Age laws for purchasing nicotine products. Individual Liberty: Making independent lifestyle choices. Individual Liberty: Evaluating online health trends critically. Rule of Law: Working with emergency services.
Intimacy, Contraception & Family Choices	Understanding that physical connection works best with emotional respect. Condoms, pills, implants, LARCs, and preventing STIs. How local sexual health services work; confidentiality and STI checks. Exploring the physical, school, and social changes of teen parenting. Budgets for baby needs (formula, diapers, housing, childcare). Shared child-raising duties, healthy communication, and family setups.	Mutual Respect: Valuing your partner's emotional needs. Individual Liberty: Managing reproductive health choices. Rule of Law: NHS confidentiality rights under UK law. Individual Liberty: Understanding how life choices shape futures. Individual Liberty: Planning for economic independence. Mutual Respect: Collaborative relationship dynamics.

