

## Year 9

Term	Unit	Key Questions	Knowledge	Assessing Understanding and Other Information
Autumn	<b>Unit 1: Emotional Wellbeing</b>	<p>How can understanding our emotions help our well-being?</p> <p>Why is it important to have self-compassion and be resilient?</p> <p>What language do we have to talk about our emotional wellbeing?</p> <p>How are self-regulation and wellbeing connected?</p> <p>What strategies do I have to manage unhelpful self-talk?</p> <p>What motivates me and how does that impact on how I feel?</p>	<p>What emotional wellbeing is</p> <p>Self-awareness</p> <p>Self-talk</p> <p>Self-regulation</p> <p>Thought-invaders</p> <p>Relaxation strategies</p> <p>Wellbeing and coping plans</p>	A range of assessment for learning tools are used throughout the PSHE and Citizenship curriculum. These include baseline activities, quizzes, self- and peer-assessment and tutor feedback.
	<b>Unit 2: Digital Literacy and E Safety</b>	<p>I can we use digital technology ethically and within the law?</p> <p>How can I stay safe online?</p>	<p>Ethics Innovation and the law</p> <p>Social media and the law</p> <p>Youth produced imagery/ Sexting and the law</p> <p>Cyber bullying</p>	
	<b>Careers Assembly</b>	What are my options at GCSE? What do options look like at different providers?	GCSE Options	

Spring	<b>Unit 3: Communities, belonging and extremism</b>	<p>How can we identify extreme views and seek reliable counter-information to make informed decisions?</p> <p>What is discrimination?</p> <p>How does gang culture attract members and what support is available for those seeking to leave?</p> <p>What is terrorism? What does Terrorism in the UK look like?</p> <p>How can we challenge extreme views and behaviours? What can we do if we have concerns?</p>	<p>Extreme views and fake news</p> <p>Discrimination and division</p> <p>Gangs and violent crime</p> <p>Terrorism</p> <p>Challenging extremism</p>	
	<b>Unit 4: Mini enterprise</b>	<p>What is a mini enterprise and how might we structure a company to run a small enterprise?</p> <p>What makes an effective product to take to market?</p> <p>What can I do to understand my market and pitch my product to a specific audience?</p>	<p>Market research</p> <p>Developing a product</p> <p>Selling a product</p> <p>Presentations</p>	

Summer	<b>Unit 5: Drugs and Alcohol</b>	<p>What are the legal consequences of drug possession?</p> <p>What are the different classes of drug?</p> <p>What is a legal high?</p> <p>What are the risks of drug use, possession and distribution?</p>	<p>Drug classes and the Law</p> <p>Different types of drugs and their effects</p> <p>Definition of a legal high and risks of use</p> <p>Personal, legal and wider consequences of drug use</p>	
	<b>Unit 6: Sex and Relationships</b>	<p>What are the risks and benefits of engaging in a sexual relationship?</p> <p>How can I maintain healthy relationships?</p> <p>How do you manage loss?</p> <p>How do you manage romantic relationships?</p>	<p>Coping with romantic relationships</p> <p>Consent</p> <p>Pornography and nude/semi-nude images</p> <p>Gender and sexuality Contraception</p> <p>Families and parenting</p> <p>Change, loss and bereavement</p> <p>Conflict and resolution</p>	
	<b>Immersion Day</b>	<p>During this day, students engage with teaching staff and the School Nursing team to enable them to make informed decisions about sexual relationships.</p>		