

## Curriculum Summary Document

## Year 9 – PSHE

## Responsible Choices, Healthy Relationships and Staying Safe

Module/Unit of Learning	Taught During	What will students learn?	How does this develop students' confidence, judgement and readiness for real-life challenges?	Links to other Subjects
Alcohol, Drugs and Risk	September – early October	<p>Students revisit the core facts about alcohol and drugs, exploring why people take substances, the physical and social risks involved, and how behaviour can escalate into antisocial or unsafe situations.</p> <p>They examine the law surrounding substances, including cannabis, and begin to understand how personal choices can affect safety, wellbeing and future opportunities.</p>	<p>This module helps students recognise and respond to risky situations with greater awareness and self-control.</p> <p>It strengthens their ability to weigh up consequences, resist pressure and make responsible decisions in settings outside of school.</p>	<p>Science – effects of substances on the body</p> <p>PE – health, fitness and wellbeing</p>
Crime, Responsibility and Antisocial Behaviour	October	<p>Students examine the meaning of antisocial behaviour, the consequences of knife crime and the principles of criminal responsibility.</p> <p>They explore real scenarios that show how small decisions can escalate into serious outcomes and consider how choices influence personal safety, peer relationships and community wellbeing.</p>	<p>This module gives students a clear understanding of the law and helps them recognise danger, avoid harmful behaviour and make informed decisions in challenging situations.</p> <p>It supports students to stay safe and act responsibly as they gain independence.</p>	<p>History – justice, law and society</p> <p>Tutor Time – behaviour expectations and responsibility</p>
Peers, Pressure and Healthy Relationships	November – December	<p>Students explore the features of healthy and unhealthy relationships, including how to respond to difficult or unsafe situations.</p> <p>They learn about the dynamics of peer pressure, both online and offline, and consider how unhealthy influence can lead to risky behaviour.</p> <p>The module also introduces the legal context around relationships and substance use for young people.</p>	<p>Students gain strategies to recognise warning signs, set boundaries and seek help when relationships become unhealthy.</p> <p>This develops their confidence in navigating friendships, resisting pressure and making safe, considered choices.</p>	<p>Computing – online communication and behaviour</p> <p>English – understanding character interactions and motives</p>

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Sex and Relationships Education	January – March	<p>Students learn how to recognise readiness for sexual activity, explore freedom and capacity to consent, and understand how to build safe, respectful and equal relationships.</p> <p>They develop knowledge of sexual health, including contraception, STIs and how different contraceptive methods work.</p> <p>The module emphasises safety, respect, responsibility and positive relationship values.</p>	<p>This module helps students understand their rights, build healthier expectations for relationships and make informed decisions about their bodies and boundaries.</p> <p>It strengthens their ability to communicate clearly, protect themselves and act responsibly.</p>	<p>Science – reproduction and contraception</p> <p>Religious Studies – respect, values and different family structures</p>
Worth It! Body Image and Online Influence	March – April	<p>Students investigate how body image is shaped by media, peers and online influences.</p> <p>They examine how filters, influencers and unrealistic standards can affect self-esteem, and consider debates around cosmetic surgery and body modification.</p> <p>The module supports students to think critically about the messages they absorb and their impact on wellbeing.</p>	<p>This module builds critical awareness of media pressure and encourages students to develop healthier self-esteem.</p> <p>It supports emotional resilience and promotes a balanced understanding of identity in an online world.</p>	<p>Art – representation and portrayal of the body</p> <p>Computing – media manipulation and digital culture</p>
First Aid and Emergency Response	June – July	<p>Students learn how to stay calm in a crisis and follow key first aid principles, including assessing danger and prioritising safety.</p> <p>They study the ABC method—Airway, Breathing, Circulation—and practise responses to everyday emergencies such as burns, bleeding and breaks.</p> <p>The module gives students practical, life-saving knowledge that can be used both inside and outside school.</p>	<p>This module gives students the confidence to act effectively and responsibly in emergencies.</p> <p>It strengthens practical judgement, emotional control and real-life problem-solving skills, helping them feel prepared for unexpected situations.</p>	<p>Science – the body and medical responses</p> <p>PE – injury management and safety</p>