

Year 9 PSHE / Cit Curriculum Map

Intent

Completing students' Key Stage 3 Personal, Social, Health and Economic Education through a series of units developed to equip students with the age-appropriate knowledge and practical skills required to build resilience, confidence and ability to make sound decisions when facing risks, challenges and complex situations throughout their life.

Topics	(1) Sex and Relationships Aut 1 & 2	(2) Drugs and Alcohol Spr 1 & 2	(3) Democracy in the UK Sum 1	(4) Mental Health and Wellbeing Sum 2
Focus of our enquiry	How can we stay safe in sexual relationships? An examination of the key knowledge needed to prepare students for romantic and sexual relationships in adulthood.	What are the risks of drugs and alcohol? An examination of the physical, psychological and legal risks of drugs and alcohol.	How does democracy work? A series of lessons building on students' prior learning on the UK political system through an exploration of democracy on a local, regional and national level.	What practical steps can we take to maintain good mental health? A development of students' prior learning on mental health and wellbeing, focusing on enabling students to make well-informed, positive choices to support themselves, wellbeing and emotions.
What content will we cover?	<ul style="list-style-type: none"> * Introduction to SRE: Developing positive relationships, facts and myths of sexual relationships * Domestic violence: Types of domestic abuse, facts and myths about domestic abuse * Consent: The law on consent, sexual offences and rape, actively communicating consent and recognising consent in others * Pornography: The law and facts on pornography, the impact of watching pornography on young people and staying safe online * Contraception: Different types of contraception and purposes of contraception including preventing pregnancy and stopping transmission of STIs * STIs: Different types of STIs, the role of contraception in preventing STIs and the use of condoms as contraception 	<ul style="list-style-type: none"> * Reasons why people take drugs * Different types of drugs and their effects * Drugs and the law: drug classes and legal penalties for possession, possession with intent to supply and supply * Physical, psychological and social risks of drugs and alcohol * Managing influence 	<ul style="list-style-type: none"> * What is parliamentary democracy and how is Britain governed? * How does the electoral system work in the UK? * What are the roles of local, regional and national governance? 	<ul style="list-style-type: none"> * Body image, talking about emotions, happiness and relationships * Supporting mental wellbeing through community participation, volunteering and supporting others
How does this learning link to statutory requirements?	<p>The statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education states that pupils should know:</p> <ul style="list-style-type: none"> - 'That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.' - 'What constitutes sexual harassment and sexual violence and why these are always unacceptable.' - 'The impact of viewing harmful content [online].' - 'That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.' - 'That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.' - 'The concepts of, and laws relating to, sexual consent, sexual exploitation, rape and domestic abuse, and how these affect current and future relationships.' - 'How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn.' - 'The facts about the full range of contraceptive choices, efficacy and options available.' - 'How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.' - 'About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.' - 'How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.' 	<p>The statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education states that pupils should know:</p> <ul style="list-style-type: none"> - 'The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.' - 'The law relating to the supply and possession of illegal substances.' - 'The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.' - 'The physical and psychological consequences of addiction, including alcohol dependency.' - 'Awareness of the dangers of drugs which are prescribed but still present serious health risks.' - 'How the use of alcohol and drugs can lead to risky sexual behaviour.' 	<p>The National Curriculum states that throughout KS3 Citizenship 'teaching should develop pupils' understanding of democracy, government and the rights and responsibilities of citizens. Pupils should use and apply their knowledge and understanding whilst developing skills to research and interrogate evidence, debate and evaluate viewpoints, present reasoned arguments and take informed action.'</p> <p>As part of KS3 Citizenship, students should be taught about:</p> <ul style="list-style-type: none"> - 'Parliamentary democracy and the key elements of the constitution of the United Kingdom, including the power of government, the role of citizens and Parliament in holding those in power to account, and the different roles of the executive, legislature and judiciary and a free press.' - 'The different electoral systems in and beyond the United Kingdom and actions citizens can take in democratic and electoral processes to influence decisions locally, nationally and beyond.' - 'Local, regional and international governance and the UK's relations with the rest of Europe, the Commonwealth, the United Nations and the wider world.' 	<p>The statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education states that pupils should know:</p> <ul style="list-style-type: none"> - 'How to talk about their emotions accurately and sensitively, using appropriate vocabulary.' - 'That happiness is linked to being connected to others.' - 'How to recognise the early signs of mental wellbeing concerns.' - 'How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.' - 'The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.'