

Year 9 PSHE

These lessons are subject to change and are delivered in a flexible order to best meet the needs of our students.

Autumn Term

- *Personal Strengths and Ambitions*
- *Changes in Aspirations (Year 7 to Now)*
- *Careers Research*
- *16+ Options- What comes after School?*
- *University and the world outside of Bridlington*
- *How are groups of people stereotyped?*
- *Reasons relationships breakdown*
- *How to 'break up'*
- *The Problem with Ghosting*
- *Sexting- Distribution of child pornography*
- *Sexual Harassment and Rape*
- *HIV/AIDs*
- *Pressure to Drink*

Spring Term

- Difference between a Balanced Diet and Dieting
- Influences on diet
- Mental Health Issues
- The Nature of Eating Disorders
- Anxiety and panic Disorder
- Depression
- Support and Treatment
- Being a Parent
- Reproductive Health
- Teenage Pregnancy
- Choices on Pregnancy
- Birth and Labour
- Childless Couples
- Breastfeeding

Summer Term

- Pressure to drink/smoke (*Recovery*)
- Status of Drugs and Classification (*Recovery*)
- Short Term and Long-Term Effects of drug use (*Recovery*)
- Legal and Personal Consequences (*Recovery*)
- Family and Social Consequences (*Recovery*)
- Strategies for seeking help with drug use (*Recovery*)
- Harmful Content
- Hate Speech and Online behaviour
- How information is shared