

Term	Theme	Key assessment	How you can support your child
Year 9 PSHE			
1	<p>Mental health and well being</p> <p>Mental health 1 welcome back - ground rules and, how are you?</p> <p>Mental health 2 - attitudes</p> <p>Mental health 3 - promoting emotional wellbeing</p> <p>Mental health 4 - promoting emotional wellbeing/digital resilience</p> <p>Mental health 5 - unhealthy coping strategies</p> <p>Mental health 6 - healthy coping strategies</p>		<p>Reading/watching the news and discussing ideas with your son or daughter enables them to fully comprehend many of the issues. PLEASE ENCOURAGE THEM TO READ – ANYTHING. This will enormously improve the quality of their written English.</p>
2	<p>Body image</p> <p>Confident Me appearance ideals</p> <p>Confident Me media messages</p> <p>Confident Me confront comparisons</p> <p>Confident Me banish bodytalk</p> <p>Confident Me be the change</p> <p>Confident Me be the change 2</p>		

3  
British values  
British Values - Fake news  
British Values - the media and migrants  
British Values - the UK in the world  
British Values - local democracy  
British Values Citizens- whose country? BLM

4  
Relationships and Sex Education  
RSE 1 – consent 1  
RSE 2 – consent 2  
RSE 3 – condoms  
RSE 4 - contraception  
RSE 5 – STIs  
RSE 6 – accessing help

5  
Drugs, alcohol and tobacco

- Alcohol
- Drugs and the law

6  
Careers and financial awareness

- Debt
- Applying for a job.
- Employability skill
- Labour market information
- University and higher education