PSHE/RSE: Year 9 Medium Term Overview

Autumn Term 1 Introduction to Health and Well-being	Autumn Term 2 Introduction to Relationships	Spring Term 1 Health and Wellbeing	Spring Term 2 Living in the Wider World	Summer Term 1 Relationships	Summer Term 2 Health and Wellbeing
Healthy bodies, healthy minds Transition, positive and healthy relationships, physical and mental health, lifestyle and wellbeing, healthy eating, body image, promoting emotional wellbeing	**Diversity, equality, culture** Multi-cultural Britain, identify, nature v nurture, equality, stereotypes, prejudice, discrimination, traditions	**Healthy life** Fair and equal opportunities, dental health, change, loss, grief and mental health, FGM, first aid	**Employability skills** Media and online presence Employability	**Respectful relationships** Families and parenting, healthy relationships, conflict resolution, relationship changes	**Peer pressure, substance use and gangs** Healthy and unhealthy friendships, assertiveness, substance use, gang exploitation
In this unit, students learn to: · understand positive and healthy relationship traits · explain basic lifestyle and wellbeing concepts · how healthy eating impacts lives · identify different body images and those represented inappropriately online · promote their own emotional wellbeing	*In this unit, students learn to:* · appreciate the multi-cultural diversity of Britain · identify stereotypical views · understand how discrimination and prejudice can affect people's lives	*In this unit, students learn to:* · explain the rights everyone has in relation to health · identify a range of social factors that can impact upon a person's health · give examples of actions to address health inequalities · describe good oral hygiene practices · explain the impact of diet and substance use on dental health	*In this unit, students learn to:* · explain how strengths, skills and attributes can be identified and developed · describe how different strengths, skills and attributes can be valuable in employment and enterprise · explain how teams benefit from diversity and having people with a range of strengths		

		· describe the differences between dentistry for health and cosmetic purposes · explain how to access NHS dental services and the importance of regular check-ups · describe how change, including loss and bereavement, can affect people in different ways · explain what grief is and how different people might grieve · identify strategies to help manage change, loss, or bereavement and support others who are grieving · explain why, when and how to access support for themselves or others · explain what is meant by FGM, identify risks, myths and facts associated with FGM · describe how to safely access support for themselves or others	· explain how to set realistic, ambitious and manageable work-related goals · identify opportunities to improve or develop work practices that protect the environment · describe how positive and professional use of social media can help engage people in discussions about the environment · explain how to respectfully manage professional relationships and communicate effectively within a team · demonstrate presentation, communication and team work skills · define conflict and explain views on its negative and positive impacts. · describe a simple model of how the		

		who may be at risk, or have already been subject to FGM .	brain functions during conflict. · describe at least three strategies that have the effect of calming down the brain's fight or flight responses thereby reducing feelings of anger and fear. · correctly identify the consequences of too much screen time and the ways this can impact upon our mental and physical health. · describe in detail the consequences of having too much screen time, how this affects the brain and positive alternatives for recreation.		