

PSHE

Yr9 topics include

LIVING IN THE WIDER WORLD	RELATIONSHIPS AND SEX	HEALTH and WELLBEING
<ul style="list-style-type: none"> • Drug education – legal status, alcohol, smoking and vaping. • Finance – credit cards vs debit cards, scams, fraud, loans, 	<ul style="list-style-type: none"> • Consent • Pornography • Fertility choices • Contraception – types and emergency contraception. 	<ul style="list-style-type: none"> • Contraception • Fertility choices • Unplanned pregnancy • Risk taking • Gambling • Online laws about gambling.

In Year 9, most of the sexual education curriculum is taught at CCHS, covering both the "Relationships and Sex Education" and "Health and Wellbeing" strands of the specification. All students will participate in lessons on consent and marriage. However, if parents have not granted permission for their child to attend the sex education lesson, the student will be withdrawn solely from the contraception lesson

Sexual education is a significant component of Enrichment Day 2, during which Year 12 students take the lead in planning and presenting workshops for their peers. These workshops focus on important themes such as Consent, Contraception, Women's Rights and Issues, and LGBTQ+ awareness.

Theme	Opportunity to help.
Drug education	<p>Discussion about types of drugs – illegal and legal. Introduce the idea of possession vs supply. www.talktofrank.com</p> <p>Discussion about alcohol – units, age restrictions, biological effects and alcohol poisoning https://www.youtube.com/watch?v=yDNwz4S2NjY https://www.youtube.com/watch?v=pc-YN5P-9D8 https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/drugs-and-alcohol/</p> <p>Discussion about the difference between smoking and vaping. Linking to KS3 Science – what did the student learn? Biological and Emotional aspects of smoking and vaping. https://youtu.be/HE6b2mA-6kl https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/drugs-and-alcohol/ https://kidshealth.org/en/parents/e-cigarettes.html https://www.nhs.uk/better-health/quit-smoking/help-others-quit/young-people-and-vaping/</p>
Financial education	<p>Good resources for these lessons. https://natwest.mymoneysense.com/parents/ https://www.barclays.co.uk/digital-confidence/lifeskills/ https://www.bankofengland.co.uk/education/education-resources https://barclayslifeskills.com/media/5529/fraud-and-scams-v2.pdf</p>

Relationships	<p>This topic is looking at the idea of consent using case studies. Discussion with the issues arising from consent.</p> <p>Topics in these lessons include:</p> <ol style="list-style-type: none"> 1. Beginning and ending relationships 2. Understanding different types of relationships. <p>https://www.youtube.com/watch?v=V5DecVLCJwY https://youtu.be/YNA9K6uJVfY www.childline.org.uk www.relate.org.uk www.askbrook.org.uk www.abettermedway.co.uk</p> <ol style="list-style-type: none"> 3. The laws around the age of consent. 4. How to assert yourself – saying no. linking with peer pressure. 5. What does online sexual harassment. 6. The myths of pornography. <p>https://youtu.be/Jasl2q3l26M https://youtu.be/8P2NeAocCSg</p> <ol style="list-style-type: none"> 7. Feeling about sharing nudes – phones and online safety. www.nspcc.org.uk/keeping-children-safe/online-safety/online-reporting/report-remove www.thinkuknow.co.uk/11_18/lets-talk-about/nudes www.ceop.police.uk/Safety-Centre/Should-I-make-a-report-to-CEOP-YP www.childline.org.uk 8. Sexual health, STI, sexual health clinics https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/ https://www.tht.org.uk/sexual-health/stis https://youtu.be/iKgdpqm9OEI 9. Teenage pregnancy and marriage – different types of marriage, same sex marriage, cohabitation, arranged marriages etc. 10. Contraception – types, pros and cons and how they work. https://kidshealth.org/en/teens/contraception.html https://www.nhs.uk/contraception/ https://www.healthforteens.co.uk/sexual-health/contraception/ https://www.brook.org.uk/topics/contraception/
Grief and bereavement	<p>All resources for these two lessons are from https://winstonswish.org/</p>
Gambling	<p>Discuss the various different types of gambling – bingo, lottery, casino games, raffles, in game purchases and arcade games.</p> <p>Discuss the difference between chance and probability. https://responsiblegambling.vic.gov.au/documents/1259/VRGF-BAOTG_VCE-NUM-U2_WhatAreTheChances.pdf www.gamcare.org.uk www.gambleaware.co.uk</p>

Specification covered in Year 9:

- that there are different types of committed, stable relationships.
- how these relationships might contribute to human happiness and their importance for bringing up children
- what marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony
- the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting
- how to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed
- the characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.
- practical steps they can take in a range of different contexts to improve or support respectful relationships
- not to provide material to others that they would not want shared further and not to share personal material which is sent to them online.
- what to do and where to get support to report material or manage issues online.
- the impact of viewing harmful content
- 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, abuse, grooming, coercion, harassment, rape, domestic abuse and how these can 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 (in all contexts, including online).
- how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.
- that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.
- that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.

- the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women.
- that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.
- that they have a choice to delay sex or to enjoy intimacy without sex
- the facts about the full range of contraceptive choices, efficacy and options available
- that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help)
- how the use of alcohol and drugs can lead to risky sexual behaviour
- how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.
- the similarities and differences between the online world and the physical world, including: the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.
- 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.
- the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so