

Year 9	Relationships, Power and Influence <i>Focus: Understanding power dynamics in relationships and how to recognise and respond to unhealthy or unsafe behaviour.</i>	Understanding Sexual Health <i>Focus: Building knowledge of sexual health, reproduction and the importance of responsible decision-making.</i>	Consent, Exploitation and Pornography <i>Focus: Recognising exploitation, understanding consent, and critically evaluating sexual content online.</i>	Law, Addiction and Harm <i>Focus: Understanding the law, health risks and long-term impact of substance use and addiction.</i>	Independence and Safety <i>Focus: Developing safe, healthy habits and risk awareness as independence increases.</i>	Pressure and Stress <i>Focus: Understanding what pressure and stress are, how they affect mental and physical health, and developing healthy strategies to manage stress and seek support.</i>
Lesson 1	Relationships In The Media (EC)	Intro To STI'S 1 (EC)	Consent 1 (EC)	Prescription Drugs and Antibiotics		Mental Health Stigma and Language (EC)
Lesson 2	How Do Power Dynamics Affect Us (LL)	Intro To STI'S 2 (EC)	Consent 2 (EC)	County Lines and Gangs 1 (EC)	Healthy Eating On A Budget (EC)	Why Can We Sometimes Struggle To Talk To Our Feelings (LL)
Lesson 3	How Can Someone Respond To Controlling Behaviour (LL)	Contraception 1 (EC)	Sexual Harrassment And The Law (EC)	County Lines and Gangs 2 (EC)	Why Can Being Online Feel Addictive (LL)	Managaing Anxiety (EC)
Lesson 4	Mysogyny 1 (EC)	Contraception 2 (EC)	What Is The Issue With Nudes (Pol-Ed)	How Can We Manage Peer Influence (LL)	How Can We Support Everyone To Have A Positive Body Image (LL)	Self Regulation Techniques (LL)
Lesson 5	Mysogyny 2 (EC)	FGM (EC)	What is Child Sexual Exploitation (Pol-Ed)	How Can Someone Respond To Emergencies Involving Drugs (LL)	Eating Disorders (EC)	Happiness and Positivity 1 (EC)
Lesson 6	Diverse Relationships (EC)	Heath Advice and Services (EC)	Pornography And Our Brains (EC)	How Might The Internet Influence Illegal Behaviour (LL)	First Aid and CPR (EC)	Happiness and Positivity 2 (EC)
Content:	Understanding how relationships are portrayed in the media. Exploring power and influence within relationships. Recognising controlling and unhealthy behaviours. Understanding misogyny and its impact. Challenging harmful attitudes and behaviours towards others. Understanding and respecting diverse relationships.	Understanding what STIs are and how they can be prevented. Understanding different types of contraception. Exploring how contraception can reduce the risk of pregnancy. Understanding the correct use of condoms. Developing responsible approaches to sexual health. Knowing where to access reliable health advice and services.	Understanding consent and the importance of mutual agreement. Recognising sexual harassment and understanding the law. Understanding the risks and consequences of sharing nudes. Recognising child sexual exploitation and how to seek help. Developing critical awareness of pornography and its influence. Understanding how to stay safe from sexual exploitation and harm.	Understanding the safe and responsible use of prescription drugs and antibiotics. Understanding county lines, gangs and associated risks. Developing strategies to manage peer influence and pressure. Understanding how to respond to drug-related emergencies. Recognising how online spaces can influence illegal behaviour. Understanding the wider risks and consequences of substance misuse.	Developing healthy eating habits on a budget. Understanding how online activity can become addictive. Promoting positive and respectful body image. Understanding eating disorders and their impact. Developing first aid and CPR skills. Building independence through safe and healthy choices.	Understanding pressure, stress and their impact on wellbeing. Challenging mental health stigma and harmful language. Developing confidence in talking about feelings. Understanding anxiety and how it can be managed. Developing self-regulation and coping strategies. Exploring ways to promote happiness and positive wellbeing.
Key Outcome:	Students understand how power, control and influence can affect relationships and are able to recognise, challenge and seek support for unhealthy or abusive behaviour.	Students understand the basics of sexual health, and know how to make informed, responsible choices to protect their health.	Students understand consent in sexual contexts, can recognise exploitation and harmful online content, and know how to seek help and report concerns.	Students understand the legal, physical and social risks of substance use and can make safer, informed choices about drugs and alcohol.	Students understand how to manage their growing independence safely and make choices that support their physical health and personal safety.	Students understand what stress is, how it affects them, and can use healthy strategies and support systems to manage their wellbeing.
Student Friendly Focus:	Understanding how power and control can affect relationships, how to recognise warning signs, and how to get help.	Understanding the basics of sexual health and learning how to make safe, responsible choices.	Understanding consent in sexual situations, recognising exploitation and harmful online content, and knowing how to report concerns.	Understanding the risks and laws around drugs and alcohol, and how to make safer choices.	Learning how to stay safe as independence increases and make responsible choices in everyday situations.	Understanding stress and learning healthy ways to manage pressure and look after mental wellbeing.